



February 2019 Classes

All classes 1 hr unless specified otherwise

	Monday	Tuesday	Wednesday	Thursday	Friday
5:45 AM	SPIN		SPIN		SPIN
6:00 AM		TRX Plus		TRX Plus	
8:30 AM	SPIN PLUS				
9:00 AM		SPIN	SPIN PLUS	SPIN	TRX
10:15 AM 45 MIN			STRETCH		

No Fitness Classes Family Day Holiday Monday February 18.

Reserve

48 hrs

before your class

Check our site www.jimsgym.ca

and our Facebook page for updates.

PLATINUM package for our members = unlimited Classes / calendar month for \$40