





FITYOURWAY FALL 2020/WINTER 2021 SCHEDULE



Located at 5301 Chaster Rd (just around the bend from "All Batteries")

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am	5:30am Interval Rebound 'N' RIP (60 mins)	5:30am Pilates 'Ball' (55 mins)	5:30am RIP (Barbell) (60 mins)	5:30am On The Rebound (45 mins)	5:30am Step 'N' Strength (30-30 mins)		R E S T D A Y
8:00 am (GF=Gentle Fit)		8:00am Yogalates (Gentle Fit) (45 mins)	8:00am Just Rebound (Gentle Fit) (45mins)	8:00am Strength (Barbell) (Gentle Fit) (45mins)			
9:00/ 9:15 am	9:00am Flow Yoga (Cardio) (60 mins)	9:00am RIP 'N' Core (60 mins)	9:00am On The Rebound (45 mins)	9:00am Interval Rebound 'N' RIP (60 mins)	9:15m Pilates (45mins)	9:00am On The Rebound (45 mins)	
10:00/ 10:15 am (GF=Gentle Fit)	10:15am ZUMBA® Gold (GF) (45mins)	10:15am Yogalates (Gentle Fit) (45mins)	10:15am Just Rebound (GF) (45mins)	10:15am Strength (Barbell) (GF) (45mins)	10:15am Kickboxing Conditioning (GF)	10:00am RIP-Barbell workout (60 mins)	
	FitYourWay is the Cowichan Valley home of Rebounding Classes						
12:15-12:45 pm	<i>30-MINUTE "LUNCH CRUNCH" CLASSES</i>						
			REBOUND	RIP (Barbell)			
4:30 pm	4:30pm DANCE FIT® (60mins)	4:30pm On The Rebound (45 mins)	4:30pm Pilates 'Ball' (60 mins)	4:30pm DANCE FIT® (60mins)	4:30pm Alternating Fridays RIP or Strength N Rebound (60 mins)		
5:30/ 5:45 pm	5:45pm Pilates 'Ball' (60 mins)	5:30pm RIP N Core (60mins)	5:45pm' RIP (60 mins)	5:45pm On The Rebound (45 mins)	5:45pm On The Rebound (45 mins)		
5:30/ 6:30 pm	7:00pm ZUMBA Fitness (45 mins)		7:00PM Zumba (45 mins)	6:45PM RIP N Core (60mins)			

Please remember to ALWAYS sign in online for class at www.fityourway.ca or call 778-677-3749

Your First Class Is Always FREE