



FITYOURWAY WINTER 2021 In Person & “Virtual” Schedule



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

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 am	5:45am VIRTUAL Interval Rebound N RIP (60 mins)	5:45am VIRTUAL Pilates ‘Ball’ (55 mins)	5:45am VIRTUAL RIP (Barbell) (60 mins)	5:45am VIRTUAL On The Rebound (45 mins)	5:45am VIRTUAL Step ‘N’ Box (30-30 mins)		R E S T D A Y
9:00/ 9:15 am	9:00am VIRTUAL Yoga Flow (Cardio)’ (60 mins)	9:00am VIRTUAL RIP ‘N’ Core (60 mins)	9:00am VIRTUAL On The Rebound (45 mins)	9:00am VIRTUAL Rebound N RIP (60 mins)	9:15am VIRTUAL Pilates (45 mins)	9:00am VIRTUAL On The Rebound (45 mins)	
10:00/ 10:15 am (GF=Gentle Fit)	10:15am VIRTUAL ZUMBA® Gold (GF) (45mins)	10:15am VIRTUAL Yogalates (Gentle Fit) (45mins)	10:15am VIRTUAL Kickboxing Conditioning (GF) (45mins)	10:15am VIRTUAL Strength (Barbell) (GF) (45mins)	10:15am VIRTUAL Pilates Ball (GF) (45mins)	10:00am VIRTUAL RIP-Barbell workout (60 mins)	
FitYourWay is LIVESTREAMING ALL Classes							
5:00 pm	5:00pm VIRTUAL Interval DANCE FIT® (45 mins)	4:30pm VIRTUAL On The Rebound (45 mins)	5:00pm VIRTUAL RIP (60 mins)	5:00pm VIRTUAL Interval DANCE FIT® (45 mins)	5:00pm VIRTUAL Rebound N RIP (Combo) (60 mins)		
6:00 pm	6:00pm VIRTUAL ZUMBA Fitness (45 mins)	5:30pm VIRTUAL RIP N Core (60mins)	6:15PM VIRTUAL Zumba (45 mins)	6:00PM VIRTUAL RIP N Core (60mins)			

Please remember to ALWAYS sign in online for both In Person or Virtual classes at www.fityourway.ca or call 778-677-3749

Your First Class Is Always FREE