



FYW MAR 30 – APR 19 2021 Outdoor & “Virtual Schedule



COVID19 TEMPORARY RESTRICTION ON INDOOR GROUP FITNESS CLASSES

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:00am	6am VIRTUAL Wake Up Pilates Cardio (45 mins)	6am VIRTUAL Interval RIP Bands N Core (60 mins)	6am VIRTUAL Wake Up Pilates Cardio (45 mins)	6am VIRTUAL Interval RIP Bands N Core (60 mins)	6am VIRTUAL Wake Up Pilates Cardio (45 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)	9am VIRTUAL Interval RIP Bands N Core (60 mins)		9:00am OUTDOOR/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)	10:15am VIRTUAL Strength (Barbell) (GF) (45mins)	10:15am VIRTUAL Pilates Ball (GF)	10:00am OUTDOOR/VIRTUAL RIP-Barbell workout (60 mins)		
UNTIL APRIL 19 FYW WILL HOST OUTDOOR/VIRTUAL CLASSES								
5:00 pm	4:45pm OUTDOOR/VIRTUAL Interval DANCE FIT® (60 mins)	5:30pm OUTDOOR/VIRTUAL INTERVAL RIP N Core (60mins)	5:00pm OUTDOOR/VIRTUAL RIP (60 mins)	4:45pm OUTDOOR/VIRTUAL Interval DANCE FIT® (60 mins)	5:00pm OUTDOOR/VIRTUAL INTERVAL RIP N Core (60mins)			
6:00 pm	6:00pm OUTDOOR/VIRTUAL ZUMBA Fitness (45 mins)		6:15PM OUTDOOR/VIRTUAL Zumba (45 mins)	6:00PM OUTDOOR/VIRTUAL REBOUND N RIP (60mins)				

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

Your First Class Is Always FREE