

## January 2017 Gym Schedule

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday  | Sunday |
|---|---|---|---|---|---|--------|
|   |   | 6:00-7:00am<br><b>Quarters Class</b><br>(For All Fitness Levels)                          |   |   | 8:00-9:00am<br><b>Timed Interval Training</b><br>(For All Fitness Levels) |        |
| 9:15-10:15am<br><b>Timed Interval Training</b><br>(For All Fitness Levels)              | 9:00-12:00pm<br>Personal Training               | 9:00-12:00pm<br>Personal Training   | 9:00-12:00pm<br>Personal Training   | 9:00-12:00pm<br>Personal Training               | 9:00-10:00am<br><b>Quarters Class</b><br>(For All Fitness Levels)         |        |
| 1:00-2:00pm<br>3:30-4:30pm<br>Personal Training   | 1:00-2:00pm<br>3:30-4:30pm<br>Personal Training | 1:00-2:00pm<br>3:30-4:30pm<br>Personal Training   | 1:00-2:00pm<br>3:30-4:30pm<br>Personal Training   | 1:00-2:00pm<br>3:30-4:30pm<br>Personal Training |   |        |
|   |   |   |   |   |   |        |
| 6:30-7:00pm<br><b>Sculpt &amp; Tone</b><br>Upper Body & Abs<br>(For All Fitness Levels) |   |   | 4:45-5:45pm<br><b>Dance Fitness</b><br>(18yrs & under)                                  | 4:30-8:30pm<br><b>Open Gym Time</b>             |   |        |
| 7:00-7:30pm<br><b>Sculpt &amp; Tone</b><br>Lower Body<br>(For All Fitness Levels)       |   | 6:30-7:30pm<br><b>Dance Fitness</b><br>(18yrs & under)                                    | 7:30-8:00pm<br><b>Sculpt &amp; Tone</b><br>Upper Body & Abs<br>(For All Fitness Levels) |   |   |        |
| 7:30-8:30pm<br><b>Kettlebell</b><br>Level 1 Tech<br>(For All Fitness Levels)            |   | 7:30-8:00pm<br><b>Lean &amp; Mean</b><br>Resistance Training<br>(For All Fitness Levels)  | 8:00-8:30pm<br><b>Sculpt &amp; Tone</b><br>Lower Body<br>(For All Fitness Levels)       |   |   |        |
| 8:30-9:30pm<br><b>Kettlebell</b><br>Tabata<br>(KB Lv 1 Required)                        |   | 8:00-8:30pm<br><b>Shred &amp; Burn</b><br>Cardio Conditioning<br>(For All Fitness Levels) | 8:30-9:30pm<br><b>Kettlebell</b><br>Builder<br>(KB Lv 1 Required)                       |   |   |        |
| Drop In   | Reg Req'd                                       | P/T Reg Req'd   | New Drop In   | shelly@evolvefitness.ca                         |   |        |

C.O.R.E.

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