



GROUP FITNESS AND RECREATION

SCHEDULE • Jan. 8–April 19, 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:45–7:30 a.m.		BOOTCAMP Elizabeth	FIT FOR DUTY Jamie 6:30–7:30 a.m.	BOOTCAMP Diane	
9:30–10:30 a.m.	BABY AND ME YOGA Kelsey	ALBERTA CANCER EXERCISE 9–10 a.m.		ALBERTA CANCER EXERCISE 9–10 a.m.	
11:30 a.m.–12:30 p.m.	BRIDGE TREKKERS Indoor Walking Group Diane				
12:05–12:55 p.m.	STRENGTH AND CONDITIONING Anna	POWER YOGA FLOW Kelsey	TABATA Anna / Diane 12:10–12:50 p.m.	LIFT Donna	CYCLE AND STRENGTH Donna / Diane
1:05–1:55 p.m.				RELAXATION YOGA FLOW Donna	
4:40–5:30 p.m.	BARRE (+) Sheila		DINNER		
5–6 p.m.		QIGONG AND STRETCH Christi	POUND Sheila	PILATES Donna	
5:30–6:30 p.m.	ZUMBA Sheila		POWER YOGA Donna		
6–7 p.m.	MUSCLE UP	LIFT Andrea		LIFT Donna	
6:30–7:30 p.m.		YOGA FLOW Kelsey		YOGA FLOW Kelsey	
7–8 p.m.	YOGA FOR STRESS REDUCTION Donna				
7–8:30 p.m.			COUNTRY AND WESTERN DANCE Gloria Feb. 14–March 20		
9:30–10:30 p.m.		LEARN TO SKATE Jan. 23–March 26			

 Fitness Studio PE2408
 Combatives Room PE2409

 Meets in PE BUILDING FOYER
 Gym C PE1405

 Logan Boulet Arena 1302 9 Ave N

STUDENTS RECEIVE UP TO 50% OFF

REGISTER AT 

PICKLEBALL (Gym A - PE1403)

OPEN PLAY CLASS OFFERINGS

- Wednesdays, Noon–1:30 p.m.
- Wednesday, 1:30–3 p.m.
- Wednesdays, 3:30–5 p.m.
- Thursdays, 11:30 a.m.–1 p.m.

LEARN TO PLAY INTRO CLASS OFFERINGS

- Wednesdays, 3–5 p.m.
March 13, 27 and April 3, 10
- Thursdays, 5–7 p.m.
March 28, April 4, 11, 18

FITNESS ALBERTA INSTRUCTOR CERTIFICATIONS

- Foundations in Exercise Jan. 19–21
- Group Conditioning – Specialty Feb. 3–4
- Older Adult Fitness – Specialty March 8–10

YOGA WORKSHOPS (PE2401)

- OPEN TO ALL
- YOGA ALLIANCE CEC ELIGIBLE
- Sun Salutations and Standing Poses Jan. 21, 1–3 p.m.
- Balancing and Inversions March 3, 1–3 p.m.
- Breathwork, Meditation and Seated Poses April 13, 1–3 p.m.

CONTACT US

BE FIT FOR LIFE CENTRE
403-382-6919

CLASS REGISTRATION
403-320-3323

GENERAL INQUIRIES
befitforlife@lethbridgecollege.ca

FOR MORE INFORMATION AND REGISTRATION DETAILS, SCAN THE QR CODE OR VISIT:

lethbridgecollege.ca/bffl

