

# BE FIT FOR LIFE

## CLASS SCHEDULE













Jan. 16 - April 21, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	 <b>BOOTCAMP</b> 6:45 - 7:30 a.m. BFFL Staff		 <b>BOOTCAMP</b> 6:45 - 7:30 a.m. BFFL Staff	
 <b>GET AND KEEP FIT, 55+</b> 10 - 11 a.m. Elaine	 <b>ALBERTA CANCER AND EXERCISE</b> 9:40 - 10:40 a.m. Feb. 7 - April 27	 <b>GET AND KEEP FIT, 55+</b> 10 - 11 a.m. Andrea/Leila	 <b>ALBERTA CANCER AND EXERCISE</b> 9:40 - 10:40 a.m. Feb. 7 - April 27	 <b>GET AND KEEP FIT, 55+</b> 10 - 11 a.m. Donna/Leila
 <b>STRENGTH AND CONDITIONING</b> 12:05 - 12:55 p.m. BFFL Staff	 <b>POWER FLOW</b> 12:05 - 12:55 p.m. Kelsey	 <b>TABATA</b> 12:10 - 12:50 a.m. BFFL Staff	 <b>LIFT</b> 12:05 - 12:55 p.m. Donna	 <b>CYCLE AND STRENGTH</b> 12:05 - 12:55 p.m. BFFL Staff
			 <b>PICKLEBALL</b> Noon - 1 p.m. Blaine and Richard	 <b>YOGA FOR MEN AND WOMEN</b> 12:00 - 1:00 p.m. BFFL Staff
			 <b>RELAXATION FLOW</b> 1:05 - 1:55 p.m. Donna	
 <b>PICKLEBALL</b> 4 - 5 p.m.	 <b>Cancelled</b> <b>TABATA</b> 4 - 5 p.m. Andrea	 <b>PICKLEBALL</b> 4 - 5 p.m.	 <b>PILATES</b> 5 - 6 p.m. Donna	
 <b>BARRE</b> 4:40 - 5:30 p.m. Sheila	 <b>LIFT</b> 6 - 7 p.m. Andrea	 <b>POUND</b> 5 - 6 p.m. Sheila	 <b>LIFT</b> 6 - 7 p.m. Andrea	
 <b>Cancelled</b> <b>POWER YOGA</b> 6:30 - 7:30 p.m. Donna	 <b>YOGA FLOW</b> 6:30 - 7:30 p.m. Kelsey	 <b>Cancelled</b> <b>POWER YOGA</b> 6:30 - 7:30 p.m. Donna	 <b>YOGA FLOW</b> 6:30 - 7:30 p.m. Kelsey	
 <b>ZUMBA</b> 5:30 - 6:30 p.m. Sheila	 <b>ADULT SKATING</b> 9:30 - 10:30 p.m. Jan. 31 - March 21	 <b>COUNTRY AND WESTERN DANCE</b> 7 - 8:30 p.m. Jan. 18 - Feb. 22	 <b>BEGINNER YOGA</b> 7 - 8 p.m. Donna	

Schedule is subject to change. Please visit our website for further information.



### LEGEND

-  Noon classes  
PE2408
-  Fitness studio  
PE2408
-  Combatives Room  
PE2409
-  Lethbridge Christian Tabernacle  
1805 9 Ave. N.
-  Logan Boulet Arena  
1302 9 Ave. N.
-  Gym A  
PE1403
-  Strength and fitness
-  Cycling
-  Mind and body
-  Dance
-  High intensity
-  Sports



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

[lethbridgecollege.ca/bffl](http://lethbridgecollege.ca/bffl)

Be Fit for Life Centre: 403-382-6919

Class registration: 403-320-3323

[benefitforlife@lethbridgecollege.ca](mailto:benefitforlife@lethbridgecollege.ca)

FALL: September - December

WINTER: January - April

SPRING: May - June

# BE READY.