

BE FIT FOR LIFE

CLASS SCHEDULE

Sept. 11 - Dec. 16, 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:45 - 7:30 a.m.		BOOTCAMP Elizabeth		BOOTCAMP Diane	
9:30 - 10:30 a.m.	BABY AND ME YOGA Kelsey				
11:30 a.m. - 12:30 p.m.	BRIDGE TREKKERS Indoor Walking Group <i>Oct. 2 - Dec. 13</i>				
12:05 - 12:55 p.m. NOON CLASSES	STRENGTH AND CONDITIONING Anna	POWER FLOW Kelsey	TABATA Diane <i>(12:10 - 12:50 p.m.)</i>	LIFT Donna	CYCLE AND STRENGTH Donna
1:05 - 1:55 p.m.				RELAXATION FLOW Donna	
4:40 - 5:30 p.m.	BARRE (+) Sheila		CYCLE / YOGA Donna		
5 - 6 p.m.		HIIT Louise	POUND Sheila	PILATES Donna	
5:30 - 6:30 a.m.	ZUMBA Sheila		POWER YOGA Donna		
6 - 7 p.m.		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 <i>Oct. 4 - Nov. 8</i>		

LEGEND



Fitness studio
PE2408



Combatives Room
PE2409



Meets in
PE Building Foyer

**STUDENTS
RECEIVE UP TO
50% OFF**

REGISTER AT **LCSA**
STUDENTS' ASSOCIATION

PICKLEBALL (Gym A - PE1403)

OPEN PLAY CLASS OFFERINGS

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

LEARN TO PLAY INTRO CLASS OFFERINGS

- Wednesdays 1:30 - 3:30 p.m.
Sept. 13, 20, 27, Oct. 4
- Thursdays 5 - 7 p.m.
Nov. 2, 9, 16, 23

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

