

BE FIT FOR LIFE

CLASS SCHEDULE






May 1 – June 23, 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 BABY AND ME YOGA 10 – 11 a.m. <i>Cheris</i>	 BOOTCAMP 7 – 7:45 a.m. <i>BFFL Staff</i>		 BOOTCAMP 7 – 7:45 a.m. <i>BFFL Staff</i>	
 GET AND KEEP FIT, 55+ 10 – 11 a.m. <i>Elaine</i>	 ALBERTA CANCER AND EXERCISE 10 – 11 a.m. April 11 – June 29	 GET AND KEEP FIT, 55+ 10 – 11 a.m. <i>Leila</i>	 ALBERTA CANCER AND EXERCISE 10 – 11 a.m. April 11 – June 29	 GET AND KEEP FIT, 55+ 10 – 11 a.m. <i>Leila</i>
 STRENGTH AND CONDITIONING 12:05 – 12:55 p.m. <i>Diane</i>	 POWER FLOW 12:05 – 12:55 p.m. <i>Kelsey</i>	 TABATA 12:10 – 12:50 a.m. <i>Diane</i>	 LIFT 12:05 – 12:55 p.m. <i>Donna</i>	
	 NORDIC POLE WALKING 1:30 – 2:30 p.m. <i>Cheris</i>		 RELAXATION FLOW 1:05 – 1:55 p.m. <i>Donna</i>	
		 POUND 5 – 6 p.m. <i>Shella</i>	 NORDIC POLE WALKING 1:30 – 2:30 p.m. <i>Cheris</i>	 BUILD STRONG GIRLS 1:30 – 2:30 p.m. May 12 – June 16
 BARRE 4:40 – 5:30 p.m. <i>Shella</i>			 PILATES 5 – 6 p.m. <i>Donna</i>	
 ZUMBA 5:30 – 6:30 p.m. <i>Shella</i>	 LIFT 6 – 7 p.m. <i>Andrea</i>		 LIFT 6 – 7 p.m. <i>Donna</i>	
	 YOGA FLOW 6:30 – 7:30 p.m. <i>Kelsey</i>		 YOGA FLOW 6:30 – 7:30 p.m. <i>Kelsey</i>	
		 COUNTRY AND WESTERN DANCE 7 – 8:30 p.m. May 17 – June 21	 BEGINNER YOGA 7 – 8 p.m. <i>Donna</i>	

LEGEND

-  Noon classes
PE2408
-  Fitness studio
PE2408
-  Combatives Room
PE2409
-  Lethbridge Christian Tabernacle
1805 9 Ave. N.
-  Legacy Park
400 Blackwolf Blvd. N.

-  Strength and fitness
-  Cycling
-  Mind and body
-  Movement and dance
-  High intensity

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



FOR MORE INFORMATION AND REGISTRATION DETAILS, SCAN THE QR CODE OR VISIT lethbridgecollege.ca/bffl

Be Fit for Life Centre: 403-382-6919
 Class registration: 403-320-3323
 befitforlife@lethbridgecollege.ca

FALL: September – December
 WINTER: January – April
 SPRING: May – June

BE READY.