



Niagara

# EJ Freeland Community Centre, Fort Erie

SUMMER 2021

Fitness Class Schedule

August 2 - August 27

Monday	Tuesday	Wednesday	Thursday	Friday
Gentle Fit	Gentle Fit	Gentle Fit	Gentle Fit	Gentle Fit
10:30am- 11:15am	10:30am- 11:15am	10:30am- 11:15am	10:30am- 11:15am	10:30am- 11:15am
Cardio Mix	Strength	Cardio Mix	Strength	Cardio Mix
5:00pm- 6:00pm	5:00pm- 6:00pm	5:00pm- 6:00pm	5:00pm- 6:00pm	5:00pm- 6:00pm

**Fitness Classes will remain open on the Civic Holiday, August 2, 2021.**

**\$18.00 per class.**

**All participants are required to register for a class. Please call the front desk or register online at [bgcn.ca](http://bgcn.ca).**



Opportunity Changes  
Everything

