

# Winter 2022 Adult Group Fitness Schedule

Program	Cost	Days	Times	Dates
<b>Strength</b>	<b>\$18.00</b>	Tuesday	6:00pm-7:00pm	Fitness classes will run in 4-week sessions  Mondays Jan. 10-Jan. 31, Feb. 7-Feb. 28*, Mar. 7-Mar. 28  Tuesdays Jan. 11-Feb. 1, Feb. 8-Mar. 1, Mar. 8-Mar 29  Wednesdays Jan. 12-Feb. 2, Feb. 9-Mar. 2, Mar 9-Mar. 30  Thursdays Jan. 13-Feb. 3, Feb. 10-Mar. 3, Mar 10-Mar. 31  Fridays Jan 14-Feb. 4, Feb. 11-Mar. 4, Mar. 11-Apr. 1  *no class Feb. 21, 2021, 3 class session \$13.50
		Thursday	9:15am-10:15am	
<b>Cardio Mix</b>	<b>\$18.00</b> <b>\$13.50*</b>	Monday*	9:15am-10:15am	
		Thursday	6:00pm-7:00pm	
<b>Gentle Fit</b>	<b>\$18.00</b> <b>\$13.50*</b>	Monday*	10:30am-11:30am	
		Tuesday	12:00pm-1:00pm	
		Wednesday	10:30am-11:30am	
		Thursday	12:00pm-1:00pm	
		Friday	10:30am-11:30am	
<b>Yoga</b>	<b>\$18.00</b>	Tuesday	10:30am-11:30am	
		Thursday	10:30am-11:30am	
<b>Dance Fit</b>	<b>\$18.00</b>	Wednesday	5:45pm-6:45pm	
		Friday	5:45pm-6:45pm	
<b>Shadow Pump</b>	<b>\$18.00</b> <b>\$13.50*</b>	Monday*	6:00pm-7:00pm	
<b>Power On</b>	<b>\$18.00</b>	Wednesday	9:15am-10:15am	

## Pickleball

**Monday-Friday 7:00am-9:00am and 12:00pm-2:00pm**

Come with your friends or make new ones at the Club! Drop in Pickleball in the gym included with your pass.

**\*There will be NO classes on Monday February 2, 2022.**

For program descriptions and schedules, visit our website at

**www.BGCN.ca** or call **905-871-2592 ext. 222**

1555 Garrison Road, Fort Erie, L2A 1P8 Hours: Monday – Friday 6:00am-9:00pm

BGC Niagara follows all COVID safety protocols recommended by Niagara Region Public Health