

Summer 2022 Adult Group Fitness Schedule

Program	Cost	Days	Times	Dates
Strength	\$18.00	Tuesday	6:00pm-7:00pm	Fitness classes will run in 4-week sessions Mondays July 4 - July 25, August 1- August 22 Tuesdays July 5 - July 26, August 2 - August 23 Wednesdays July 6 - July 27, August 3 - August 24 Thursdays July 7 - July 28, August 4 - August 25 Fridays July 8 - July 29, August 5 - August 26
		Thursday	9:15am-10:15am	
Cardio Mix	\$18.00	Monday	9:15am-10:15am	
		Thursday	6:00pm-7:00pm	
Gentle Fit	\$18.00	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	
Yoga	\$18.00	Wednesday	7:30pm-8:30pm	
		Thursday	7:30pm-8:30pm	
Dance Fit	\$18.00	Wednesday	5:45pm-6:45pm	
		Friday	5:45pm-6:45pm	
Shadow Pump	\$18.00	Monday	6:00pm-7:00pm	
LiveStrong	\$18.00	Tuesday	10:00am-11:00am	
		Thursday	10:00am-11:00am	

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.

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