

Fall 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 September 12 - September 26* October 3 - October 31** November 7 - November 28 Tuesdays September 6 - September 27 October 4 - October 25 November 8 - November 29 Wednesdays September 7-September 28 October 5-October 26 November 9-November 30 Thursdays September 8-September 29 October 6-October 27 November 10-November December 1 Fridays September 9-September 30 October 7-October 28 November 4-November 25
		Thursday	9:15am-10:15am	
Cardio Mix	\$18.00 *\$13.50	Monday*	9:15am-10:15am	
		Thursday	6:00pm-7:00pm	
Gentle Fit	\$18.00 *\$13.50	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	
Dance Fit	\$18.00	Wednesday	5:45pm-6:45pm	
LiveStrong	\$18.00	Tuesday	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.

**There will be no class on October 10, 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