

# Winter 2023 Adult Group Fitness Schedule

Program	Cost	Days	Times	Dates
<b>Strength</b>	<b>\$19.60</b>	Tuesday	6:00pm-7:00pm	<b><u>Winter Classes</u></b>  <b><u>Mondays</u></b> February 6-27, 2023 March 6-27, 2023  <b><u>Tuesdays</u></b> February 7-28, 2023 March 7-28, 2023  <b><u>Wednesdays</u></b> February 7-March 1, 2023 March 8-29, 2023  <b><u>Thursdays</u></b> February 9-March 2, 2023 March 9-30, 2023  <b><u>Fridays</u></b> February 10-March 3, 2023 March 10-31, 2023
		Thursday	9:15am-10:15am	
<b>Cardio Mix</b>	<b>\$19.60</b>	Monday	9:15am-10:15am	
		Thursday	6:00pm-7:00pm	
<b>Gentle Fit</b>	<b>\$19.60</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>Dance Fit</b>	<b>\$19.60</b>	Wednesday	5:45pm-6:45pm	
<b>Gotta Dance</b>	<b>\$19.60</b>	Wednesdays	9:15am-10:00am	
<b>Power Zone</b>	<b>\$19.60</b>	Monday	6:00pm - 6:45 pm	

For program descriptions and schedules, visit our website at

**[www.BGCN.ca](http://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