

Spring 2023 Adult Group Fitness Schedule

Program	Cost	Days	Times	Dates
Strength	\$19.60	Tuesday	6:00pm-7:00pm	<p><u>Spring Classes</u></p> <p><u>Mondays</u> April 3—24, 2023 May 1—22, 2023 * June 5—26</p> <p><u>Tuesdays</u> April 4—25, 2023 May 2—23, 2023 June 6—27, 2023</p> <p><u>Wednesdays</u> April 5—26, 2023 May 3—24, 2023 June 7—28, 2023</p> <p><u>Thursdays</u> April 6—27, 2023 May 4—25, 2023 June 8—29, 2023</p> <p><u>Fridays</u> April 7—28, 2023 * May 5—26, 2023 June 9—30, 2023</p>
		Thursday	9:15am-10:15am	
Cardio Mix	\$19.60	Monday	9:15am-10:15am	
		Thursday	6:00pm-7:00pm	
Gentle Fit	\$19.60	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	\$19.60	Wednesday	5:45pm-6:45pm	
Gotta Dance	\$19.60	Wednesdays	9:15am-10:00am	
Power Zone	\$19.60	Monday	6:00pm - 7:00 pm	
		Wednesday	1:00 pm - 2:00 pm	

* No classes on **Friday April 7, Monday May 22** *

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