

Winter 2024 Adult Group Fitness Schedule

Program	Cost	Days	Times	Dates
Strength	\$19.60	Tuesday	6:00pm-7:00pm	<p><u>Mondays</u> January 8—January 29 February 5—February 26* March 4—March 25</p> <p><u>Tuesdays</u> January 9—January 30 February 6—February 27 March 5—March 26</p> <p><u>Wednesdays</u> January 10—January 31 February 7—February 28 March 6—March 27</p> <p><u>Thursdays</u> January 11—February 1 February 8—February 29 March 7—March 28</p> <p><u>Fridays</u> January 12—February 2 February 9—March 1 March 8—March 29</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	Wednesday	9:15am-10:00am	
Yoga	\$19.60	Monday	12:00pm —12:45pm	
		Wednesday	7:00 pm —7:45 pm	
Power Zone	\$19.60	Monday	6:00pm - 6:45 pm	
		Wednesday	1:00 pm - 2:00 pm	

* No classes on **Monday February 12th**

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