# PROGRAM FLEX PASS

## FALL 2017

**MONDAY**

- Masters Swim 7:00-8:00
  Aquatic Centre
  **Ends: Dec 15**

**TUESDAY**

- Masters Swim 7:00-8:00
  Aquatic Centre
  **Ends: Dec 15**

**WEDNESDAY**

- Early Morning Cycle 45 7:30-8:15
  Fitness Studio
  **Ends: Nov 30**

**THURSDAY**

- Masters Swim 7:00-8:00
  Aquatic Centre
  **Ends: Dec 15**

**FRIDAY**

- Masters Swim 8:00-9:00
  Aquatic Centre
  **Ends: Dec 15**

**MORNING**

- Abs, Buns & Thighs 10:30-11:15
  Fitness Studio
  **Ends: Nov 28**

- Water Running 11:30-12:15
  Aquatic Centre
  **Ends: Nov 14**

- Hatha Yoga 11:30-12:20
  VIP Room
  **Ends: Nov 28**

**AFTERNOON**

- Chisel 12:30-1:15
  EDB Gym
  **Ends: Nov 28**

- Total Body Conditioning 11:30-12:15
  EDB Gym
  **Ends: Nov 30**

- Vinyasa Yoga 12:30-1:20
  VIP Room
  **Ends: Nov 30**

- Yoga 4:00-4:50
  Fitness Studio
  **Ends: Nov 28**

**EVENING**

- Back to Ballet 5:30-6:20
  Fitness Studio
  **Ends: Nov 27**

- Masters Swim 6:30-7:30
  Aquatic Centre
  **Ends: Dec 15**

- Zumba 6:00-7:00
  Fitness Studio
  **Ends: Nov 29**

- Masters Swim 6:30-7:30
  Aquatic Centre
  **Ends: Dec 15**

Interested in registering for programs but find it difficult to commit for the entire term? Purchase a Program Flex Pass punch card and gain drop-in access to any class on the schedule.

### FLEX PASS PRICE

- 1 punch $6.25
- 2 punches $12.75
- 6 punches $37.75
- 12 punches $75.00

- Classes require 1 or 2 punches
  - = 1 punch
  - = 2 punch
- Punch card must be presented to the instructor at the start of class
- Registered participants have priority up until the first 5 minutes of class
- Passes are valid for 2 terms
- Passes are non-transferable, non-refundable and non-replaceable if lost.