## PROGRAM FLEX PASS

**MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY**
---|---|---|---|---
Masters Swim 7:00-8:00  
Aquatic Centre  
*Ends: Dec 15*  | Masters Swim 7:00-8:00  
Aquatic Centre  
*Ends: Dec 15*  | Early Morning Cycle 45  
7:30-8:15  
Fitness Studio  
*Ends: Nov 30*  | Masters Swim 7:00-8:00  
Aquatic Centre  
*Ends: Dec 15*  
---|---|---|---|---
Masters Swim 8:00-9:00  
Aquatic Centre  
*Ends: Dec 15*  | Masters Swim 8:00-9:00  
Aquatic Centre  
*Ends: Dec 15*  | Masters Swim 8:00-9:00  
Aquatic Centre  
*Ends: Dec 15*  | Masters Swim 8:00-9:00  
Aquatic Centre  
*Ends: Dec 15*  
---|---|---|---|---
**MORNING** | **MORNING** | **MORNING** | **MORNING** | **MORNING**
Abs, Buns & Thighs  
10:30-11:15  
Fitness Studio  
*Ends: Nov 28*  | Water Running  
11:30-12:15  
Aquatic Centre  
*Ends: Nov 14*  | Total Body Conditioning  
11:30 - 12:15  
EDB Gym  
*Ends: Nov 30*  | Abs, Buns & Thighs  
10:30-11:15  
Fitness Studio  
*Ends: Dec 1*  
---|---|---|---|---
Hatha Yoga  
11:30-12:20  
VIP Room  
*Ends: Nov 28*  |  | Flexibility Yoga  
11:30-12:20  
VIP Room  
*Ends: Dec 8*  |  
---|---|---|---|---
Chisel  
12:30-1:15  
EDB Gym  
*Ends: Nov 28*  | Hatha Yoga  
12:30-1:20  
VIP Room  
*Ends: Nov 30*  | Vinyasa Yoga  
12:30-1:20  
VIP Room  
*Ends: Dec 8*  |  
---|---|---|---|---
Vinyasa Yoga  
12:30-1:20  
VIP Room  
*Ends: Nov 28*  | Dancer’s Stretch  
2:30-3:15  
Fitness Studio  
*Ends: Nov 28*  |  | Ballet Body  
12:30-1:20  
Fitness Studio  
*Ends: Nov 27*  
---|---|---|---|---
Kundalini Yoga  
4:00-4:50  
Fitness Studio  
*Ends: Nov 28*  |  | Aquafit  
5:00-6:00  
Aquatic Centre  
*Ends: Nov 15*  |  
---|---|---|---|---
Back to Ballet  
5:30-6:20  
Fitness Studio  
*Ends: Nov 27*  | Yin Yoga  
4:30-5:20  
VIP Room  
*Ends: Nov 28*  | Zumba  
6:00-7:00  
Fitness Studio  
*Ends: Nov 29*  |  
---|---|---|---|---
Masters Swim  
6:30-7:30  
Aquatic Centre  
*Ends: Dec 15*  | Zumba  
7:30-8:30  
EDB Gym  
*Ends: Nov 28*  | Masters Swim  
6:30-7:30  
Aquatic Centre  
*Ends: Dec 15*  |  

**EVENING**

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**
- Classes require 1 or 2 punches  
- 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.

<table>
<thead>
<tr>
<th>FLEX PASS</th>
<th>PRICE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 punch</td>
<td>$6.25</td>
</tr>
<tr>
<td>2 punches</td>
<td>$12.75</td>
</tr>
<tr>
<td>6 punches</td>
<td>$37.75</td>
</tr>
<tr>
<td>12 punches</td>
<td>$75.00</td>
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</tbody>
</table>

Schedule subject to change without notice | For up-to-date info visit [rec.sfu.ca](http://rec.sfu.ca)  
[SFU Recreation](https://www.sfu.ca/recreation)