

fitness schedule

yellowknife racquet club

effective February 1, 2012

sunday

monday

tuesday

wednesday

thursday

friday

saturday

INSPIRATION

**VINYASA
YOGA FLOW**
Jennifer Skelton
9:30 to 11:00 am

BELLYFIT®
Jocelyn
9:15 to 10:15 am

**new
VIPR
BOOTCAMP**
Kate
11:30 to 12:30 pm

BOXING
Mathew
12:10 to 12:50 pm

**TABATA
BOOTCAMP**
Dana
12:10 to 12:50 pm

CIRCUIT
Karin
12:10 to 12:50 pm

**new
VIPR
BOOTCAMP**
Dana
12:10 to 12:50 pm

**PRANA
FLOW YOGA**
Melissa
12:10 to 12:50 pm

SPIN
Mathew
10:00 to 11:00 am

SPIN
Melissa
11:00 to 12:00 pm

SPIN
Karin
12:10 to 12:50 pm

SPIN
Lindsey
12:10 to 12:50 pm

SPIN
Mathew
12:10 to 12:50 pm

BODY BLAST
Natasha
STEP
Natasha
as of Feb 18
10:30 to 11:30 am

**RESTORATIVE
YOGA**
Norma
4:00 to 5:15 pm

YIN YOGA
Toni
4:30 to 5:30 pm

**VINYASA
YOGA FLOW**
Denis
4:30 to 5:30 pm

**VINYASA
YOGA FLOW**
Toni
4:30 to 5:30 pm

ZUMBA®
Lisa
11:45 to 12:30 pm

spin Please reserve your bike prior to class with water bottle and provided hand towel.

**SPIN
REVOLUTION**
Julian
5:30 to 6:30 pm

SPIN
Karin
5:30 to 6:30 pm

SPIN
Rosie
5:30 to 6:30 pm

BOOTCAMP
Kate
5:15 to 6:00 pm

**KRIPALU
HATHA YOGA**
Jenn Sharman
12:45 to 2:15 pm

fitness studio
Due to limited space and equipment, some classes may reach capacity. A sign will be posted on the studio door stating the class is full when the limit has been reached.

**TABATA
BOOTCAMP**
Dana
5:45 to 6:30 pm

POWERCORE
Natasha
5:45 to 6:45 pm

**MAX
STRENGTH**
Kelli
5:45 to 6:45 pm

**TABATA
BOOTCAMP**
Dana
5:45 to 6:35 pm

www.ykracquetclub.com
for the most up to date
schedule • 920-2224

**scheduled
FREE strength
training and
cardio
orientations:**
are given by our Personal Trainers. Call 920-2224 to make an appointment

ZUMBA®
Diana
6:45 to 7:30 pm

BOXING
Mathew
(no classes
Jan 3 & 10)
7:00 to 7:50 pm

**ZUMBA®
TONING**
Natasha
7:00 to 8:00 pm

ZUMBA®
Natasha
7:00 to 7:50 pm

**VINYASA
YOGA FLOW**
Krystal
6:15 to 7:15 pm



Fitness Instructors may change without notice.

**PRANA
FLOW YOGA**
Melissa
7:45 to 9:00 pm

**RESTORATIVE
YOGA**
Jennifer Skelton
8:00 to 9:15 pm

SPIN
David
7:00 to 8:00 pm

**YIN
YOGA**
Norma
8:00 to 9:15 pm

ZUMBA®
Lisa
7:30 to 8:15 pm

LOVE