

FITNESS SCHEDULE

January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
5 FUNCTIONAL FITNESS (HIIT) 11:30am	6	7 YOGA 9:30am	8 GENTLE AQUAFIT 9:00am FUNCTIONAL FITNESS (HIIT) 5:15pm CIRCUIT TRAINING 7:00pm	9 YOGA 5:00pm	10 YOGA 9:30am	11
12 FUNCTIONAL FITNESS (HIIT) 11:30am	13 CIRCUIT TRAINING 7:00pm	14 YOGA 9:30am	15 GENTLE AQUAFIT 9:00am FUNCTIONAL FITNESS (HIIT) 5:15pm CIRCUIT TRAINING 7:00pm	16 YOGA 5:00pm	17 YOGA 9:30am	18
19 FUNCTIONAL FITNESS (HIIT) 11:30am	20 CIRCUIT TRAINING 7:00pm	21 YOGA 9:30am	22 GENTLE AQUAFIT 9:00am FUNCTIONAL FITNESS (HIIT) 5:15pm CIRCUIT TRAINING 7:00pm	23 YOGA 5:00pm	24 YOGA 9:30am	25
26 FUNCTIONAL FITNESS (HIIT) 11:30am	27 CIRCUIT TRAINING 7:00pm	28 YOGA 9:30am	29 GENTLE AQUAFIT 9:00am FUNCTIONAL FITNESS (HIIT) 5:15pm	30 YOGA 5:00pm	31 YOGA 9:30am	

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807-735-8914

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