

Spin

- January 25 - April 16, 2010 (Mon. 11:10 am-12 pm; Wed.& Fri. 1:10 pm- 2 pm) 12 weeks – Three (3) 50 minute classes/week. Note: No class offered on stat holidays.
- Fee: \$75 for staff; \$45 for students; \$90 for public users
- Minimum participants – 12 Maximum - 16

Vinyasa Flow Yoga

- January 25 - April 13, 2010 (Mon. & Tues. 12:10pm-1pm) 12 weeks – Two (2) - 50 minute classes/week. Note: No class offered on stat holidays.
- Fee: \$75 for staff; \$45 for students; \$90 for public users
- Minimum participants – 12 Maximum - 18

Fusion: Yoga and Pilates, Power Flex

- January 27 – April 15, 2010 (Wed. 11:10-12pm; Thurs. 12:10pm-1pm) 12 weeks – Two (2) - 50 minute classes/week.
- Fee: \$75 for staff; \$45 for students; \$90 for public users
- Minimum participants – 12 Maximum 18

Evening Yoga Class

- January 28-April 15, 2010 (Thurs. 5:10pm-6pm) 12 weeks - One (1) - 50 minute class/week.
- Fee: \$60 for staff; \$35 for students; \$90 for public users
- Minimum participants – 12 Maximum 18

You can register for these classes at the main entrance at the

Campus Recreation & Wellness Centre.

All classes are 50 minutes in length which includes a warm-up & cool-down.