



THE EXCHANGE



Registered Class Schedule

Valid till April 3

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
12:10- 12:55 PM		Bootcamp Pixie		Strong by Zumba Tony	
2-2:15PM	Meditation Moment Free to all tenants		Meditation Moment Free to all tenants		

Class drop-in price for Bootcamp and Strong:
Members - \$15 +gst
Non-Members - \$18 +gst
For full month registration price, please email:

Classes & instructors
are subject to change
without notice

exchange@curtishealth.com

Registered Class Descriptions

<u>Class Type</u>	<u>Description</u>
Bootcamp	A mix of cardiovascular conditioning, agility drills, strength training, and stretching, using a variety of equipment.
Strong by Zumba	Stop counting the reps. Start training to the beat. STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every move.
Meditation Moment	15 minute meditation breaks designed to help calm and relax your mind, and body. Wear loose fitting clothing. Free to all tenants of the Exchange building.

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