

Michipicoten Memorial Community Centre

ProShop Hours: Monday to Friday, 10:00 – 4:00 pm

Gym Hours: Daily 6:00 am – 10:00 pm

Monday Classes

*TaiJiFit Flow – Chris (8 classes, no classes Feb 5, 19, Mar 5, 12) \$80

***Total Body Blast – Shelley (11, no class Feb 19) \$88

**Zumba – Mirinda (11, no class Feb 19) \$88

Tuesday Classes

**Total Fit Seniors – Chris (12 classes) \$120

**Mommy N' Me – Mirinda (12 classes) \$96

***Interval Training – Kyla (12 classes) \$96

**Beginner Total Fit – Chris/Kyla (12 classes) \$120

Wednesday Classes

*Intro Yoga – Chris (12 classes) \$120

***Cardio Shred – Shelley (12 classes) \$96

**Pump! – Shelley (12 classes) \$60

Thursday Classes

**Total Fit Seniors – Chris (12 classes) \$120

**Beginner Total Fit – Kyla (12 classes) \$120

**Yoga (Intermediate) – Chris (12 classes) \$120

Friday Classes

**Mommy N' Me w/Stroller – Mirinda (11 classes) \$88 (No class March 30)

3-Month Membership Pricing (including taxes)

Wawa Resident: Adult \$156, Senior/Student \$138

Non-Resident: Adult \$171.60, Senior/Student \$151.80

Key FOB \$16.95



Wawa Fitness Centre Winter Session

12 weeks starting Monday, January 8 – Friday, March 30, 2018 (no classes February 19, March 30)

Wawa Gym Hours: 6:00 am – 10:00 pm

Monday	Tuesday	Wednesday	Thursday	Friday
*Tai JiFit Flow 10:30 – 11:30 am Chris	**Total Fit Seniors 9:00 – 10:00 am Chris	*Intro Yoga 9:00 – 10:00 am Chris	**Total Fit Seniors 9:00 – 10:00 am Chris	**Mommy & Me w/ Stroller 10:30 – 11:15 am Mirinda
***Total Body Blast 5:30 – 6:15 pm Shelley	**Mommy & Me 10:30 – 11:15 am Mirinda	***Cardio Shred 5:30 – 6:15 pm Shelley	**Beginner Total Fit 6:15 pm – 7:15 pm Kyla	
Zumba 6:15 – 7:00 pm Mirinda	*Interval Training 5:30 – 6:15 pm Kyla	**Pump! 6:15 – 6:45 pm Shelley	**Yoga 7:15 – 8:15 pm Chris / Shannon	
	**Beginner Total Fit 7:15 pm – 8:15 pm Chris / Kyla			

* Beginner Low Impact Classes
 ** Intermediate Medium Impact Classes
 *** Advanced High Impact Classes