

# Oak Bay Group Fitness Class Schedule

Spring Break: March 15-30

## Henderson Recreation Centre

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Indoor Cycling</b> 6:15-7:00am	<b>Indoor Cycling</b> 6:15-7:00am	<b>Indoor Cycling</b> 6:15-7:00am	<b>Indoor Cycling</b> 6:15-7:00am	<b>Indoor Cycling</b> 6:15-7:00am	<b>Indoor Cycling</b> 8:15-9:00am	
<b>Total Body Fitness</b> 9:15-10:15am		<b>Bootcamp</b> 9:15-10:15am		<b>Total Body Fitness</b> 9:15-10:15am		<b>Total Body Strength</b> 8:00-9:00am (March 30 ONLY)
<b>Total Body Conditioning</b> 5:30-6:30pm	<b>Circuit Training</b> 5:30-6:30pm	<b>Total Body Conditioning</b> 5:30-6:30pm	<b>Circuit Training</b> 5:30-6:30pm		<b>Total Body Fitness</b> 9:15-10:15am (March 29 ONLY)	
<b>Cycling &amp; Strength</b> 7:15-8:00pm	<b>Indoor Cycling</b> 5:45-6:30pm		<b>Indoor Cycling</b> 5:45-6:30pm			

## Neighbourhood Learning Centre

	<b>Total Body Training Express</b> 6:15-7:00am		<b>Total Body Training Express</b> 6:15-7:00am		<b>Total Body Fitness</b> 9:15-10:15am (March 22 ONLY)	<b>Total Body Strength</b> 8:00-9:00am (March 23 ONLY)
						<b>Total Body Strength</b> 9:15-10:15am (cancelled on March 30)

## Monterey Recreation Centre

<b>Moderate Fitness</b> 9:00-9:45am	<b>Moderate Fitness</b> 9:00-9:45am	<b>Moderate Fitness</b> 9:00-9:45am	<b>Moderate Fitness</b> 9:00-9:45am	<b>Moderate Fitness</b> 9:00-9:45am		
<b>Mild Fitness</b> 10:00-10:45am		<b>Mild Fitness</b> 10:00-10:45am		<b>Mild Fitness</b> 11:00-11:45am		
<b>Sit &amp; Fit</b> 11:00-11:45am				<b>Sit &amp; Fit</b> 12:00-12:45pm	<b>Note:</b> drop-in programs at Monterey Recreation Centre do not offer a pre-registration option.	
<b>Dance Express</b> 12:05-12:50pm		<b>Dance Express</b> 12:00-12:45pm		<b>Dance Express</b> 12:15-1:00pm		

## Jazzercise Class Schedule

Jazzercise classes are not included in Oak Bay Parks, Recreation, and Culture Admissions or Passes.

Schedule subject to change - see [jazzerciseoakbay.com](http://jazzerciseoakbay.com) for updated schedule.

	Henderson Recreation Centre	Monterey Recreation Centre (Low Impact)
<b>Mondays</b>	8:00-9:00am	5:00-6:00pm
<b>Tuesdays</b>	5:30-6:30pm	
<b>Wednesdays</b>	8:00-9:00am	5:00-6:00pm
<b>Thursdays</b>	5:30-6:30pm	
<b>Fridays</b>	8:00-9:00am	
<b>Saturdays</b>		9:30-10:30am
<b>Sundays</b>	9:30-10:30am	



**FEEL AMAZING.  
AND LOOK EVEN  
BETTER.**

Are you ready for the ultimate confidence infusion? Channel your inner pop diva in the original dance party workout. Blending dance with Pilates, yoga, kickboxing and strength training, one 55-minute session can burn up to 800 calories. The results? Long, lean muscles and an undeniable mood boost.

\*Registration is through Jazzercise.  
[jazzerciseoakbay.com](http://jazzerciseoakbay.com).

or call 250-580-5299

