

Cameron Fitness & Indoor Cycling Schedule

Winter 2019

Effective dates: January 2-March 31, 2019

Schedules are subject to change.

Fitness Schedule 14 years & up						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Boot Camp 6:15-7:15am ▲		Boot Camp 6:15-7:15am ▲		Zumba® 8-9am ●/■	
		Core & More Xpress 10:45-11:15am ■		Core & More Xpress 10:45-11:15am ■	Power Workout 9:15-10:15am ▲	
Zumba® 2:15-3:15pm ●	Cardio Cross-training 9:30-10:45am ▲		Cardio Cross-training 9:30-10:30am ▲			
Zumba® 6-7pm ●/■		Zumba® 6-7pm ●/■		For the safety and consideration of all participants, please arrive on time for all fitness classes. A 5 minute grace period is strictly enforced. Intensity levels: ● Mild / All levels ■ Moderate ▲ Moderate-Intense ◆ Intense		
NEW! Stretch & Core 7:15-8pm ■						

Indoor Cycling Schedule						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rise & Ride 6:15-7am ■		Rise & Ride 6:15-7am ■		Rise & Ride 6:15-7am ■	Weekend Warrior Ride 8:45-9:45am ▲	Weekend Warrior Ride 9:30-10:30am ▲
Manic Monday 9:30-10:30am ▲		Rev'd Up 9:30-10:30am ▲		Fired up Friday 9:30-10:30am ▲	Rev'd Up 10-10:45am ▲	
	Noon Express 12:05-12:55pm ■		Noon Express 12:05-12:55pm ■	With a b Active Pass, call 604-297-4452 to reserve a bike over the phone. Phone after 2pm the day before for classes starting at 10am or earlier. Phone 1 hour after facility opens on the same day for classes starting after 10am.		
NEW! Cycle + Circuit 5:45-7pm ▲	Tune'd Up 6-7pm ▲		Tune'd Up 6-7pm ▲			
Rev'd Up+ 6:30-7:30pm ▲	Painless Pedal 7:15-8pm ●	Rhythm Ride 6:30-7:15pm ▲	Painless Pedal 7:15-8pm ●	Intensity levels: ● Mild / All levels ■ Moderate ▲ Moderate-Intense ◆ Intense		

b Active Pass Fees	Prices do not include tax.				
	Annual	4 Month	1 Month	10 Visit	Drop-in
Adult	\$410.40	\$171.00	\$57.00	\$57.00	\$6.38
Teen (13-18 yrs) / Student (19-25 yrs with valid student ID) / Senior (65 yrs & up)	\$308.15	\$128.40	\$42.80	\$42.80	\$4.75