

# August 2020 Fitness / Yoga Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
 <b>B.C. DAY</b>	<b>4</b> Interval Step 9—10am  Restorative Yoga 7—8:15pm	<b>5</b>  Yin Yoga 7—8:15pm	<b>6</b> AM Keep Fit 9—10am	<b>7</b> Hatha Yoga 9—10am
<b>10</b> Simple Stretch 10:15—11am  Restorative Yoga 7—8:15pm	<b>11</b> Interval Step 9—10am	<b>12</b> Simple Stretch 10:15—11am  Yin Yoga 7—8:15pm	<b>13</b> AM Keep Fit 9—10am	<b>14</b> Hatha Yoga 9—10am
<b>17</b> Simple Stretch 10:15—11am	<b>18</b> Interval Step 9—10am	<b>19</b> Simple Stretch 10:15—11am	<b>20</b> AM Keep Fit 9—10am	

## Fitness / Yoga Class Fees

Simple Stretch (Mon. & Wed.)  
\$ 26 / 4 sessions

Interval Step (Tues.)  
\$ 19.50 / 3 sessions

AM Keep Fit (Thurs.)  
\$ 19.50 / 3 sessions



Restorative Yoga (Tues./Mon.)  
\$ 25 / 2 sessions

Yin Yoga (Wed.)  
\$ 25 / 2 sessions

Hatha Yoga (Fri.)  
\$ 20 / 2 sessions

**CLASSES ARE SIGN UP ONLY—NO DROP INS WILL BE ACCEPTED**

For more information or to register call 250-632-8970



or visit [www.kitimat.ca](http://www.kitimat.ca)

