

Any Suggestions? Please email us at info@RemoteSiteFitness.com. To Sign Up for Classes or Book Personal Training, please visit our website www.RemoteSiteFitness.com or use the MindBody App.



**February
Is
Heart
Month!**



Description:

Ah February, love is in the air! And although our heart is made to love, it also is made to keep us alive! Heart disease affects 2.4 million Canadian adults!* Lower your risk, by getting a healthier heart this year! RecNAction is putting on special events for Heart Month. Check out the Leisure Schedule, Posters, and Info Table for more!

Mon Tue Wed Thu Fri Sat Sun

Pre-Registration Required via MindBody App For All Morning Classes 4:15-5:15 AM

4:15 - 4:45 AM	//////////	//////////	//////////	Spin	//////////	//////////	4:15-5:00 Rise & Shine Yoga
4:45 - 5:15 AM	//////////	//////////	//////////	Interval Training	//////////	//////////	
11:00-11:30 AM	Cardio Express	Cardio Express	Interval Training	Full Body Stretch	//////////	Tabata Express	Boot Camp
11:30-12:00 PM	//////////	Lower Back Mobility	//////////	//////////	//////////	Lower Back Mobility	//////////
12:00-2:30 PM	Rec Coordinator Available for Personal Training / Gym Equipment Orientations						
2:30-3:00 PM	Jiu Jitsu	Personal Training	Jiu Jitsu				Personal Training
3:00-3:45 PM	Yoga Fusion	Yoga Core	Yoga	Yoga Core	Yoga Fusion	Yoga	Yoga Fusion
5:00-5:30 PM	20 Online Information, Coaching & Account Set Up Instruction						
5:30-6:00 PM	Interval Training	Fit 50/50	Power Circuit	Interval Training	Fit 50/50	Cardio Circuit	Power Circuit
6:00-6:30 PM	Core Strength						
6:30-7:00 PM	Womens Self Defense	Spin	Spin	Womens Self Defense*	Cardio Interval	Spin	Boot Camp
6:30-7:00 PM	//////////	//////////	//////////	//////////	//////////	Weights for Beginners	//////////
7:00-8:00 PM	Power Yoga	Active Stretch for Back & Hips	Yoga For Balance	Yin Yoga*	Yoga	//////////	Yoga
7:15-8:15 PM	Strength Circuit	//////////	Mixed Martial Arts	//////////	Mixed Martial Arts	//////////	Mixed Martial Arts
8:15-9:00 PM	//////////	Yoga	//////////	Yin Yoga*	//////////	//////////	Yoga

Legend

Grey Cardiovascular Conditioning
 Red Core Conditioning
 White Mind/Body Programs
 Black Strength Training

* Source: www.canada.ca