

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.

**Monthly
Wellness
Theme:**



**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 5:00-6:00 AM

5:00-5:30 AM	Power Circuit	//////////	Fit 50/50	//////////	Spin	//////////	//////////
5:30-6:00 AM	Stretch		Core Strength		Interval Training		
6:00-10:00 AM	Personal Training & Gym Equipment Orientations * Book via the MindBody App						
10:00-11:00 AM	Small Group Resistance Training (4) * Book via the MindBody App						
11:00 AM - 12:00 PM	//////////	Small Group Cardio (4)*	//////////	Small Group Cardio (4)*	//////////	Small Group Cardio (4)*	
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	Cardio Circuit	Boot Camp	Spin	Athletic Stretch	Cardio Interval	Interval Training	Fit 50/50
7:00-7:30 PM	Personal Training & Gym Equipment Orientations * Book via the MindBody App						
7:30-8:00 PM	MMA Training *						
8:00-8:30 PM	//////////	MMA Skills & Drills*	//////////	MMA Skills & Drills	//////////	Strength Circuit	MMA Skills & Drills
8:30-9:15 PM	Athletic Stretch	★ BROga*	Yoga Fusion	★ BROga*	Athletic Stretch	Yoga Fusion	
9:15-9:45 PM	Rec Coordinator Available for Personal Training / Gym Equipment Orientations						

Legend

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

* NEW CLASS: Broga is Bro-Yoga, featuring an GUYS ONLY yoga class.

