

Suggestions? Please email us at info@RemoteSiteFitness.com. To Sign Up for Classes or Book Personal Training, please visit our website www.RemoteSiteFitness.com under Richardson Appointments 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 4:15-5:45 AM****

4:15-5:00 AM	//////////		Spin**	//////////	Spin**	//////////	
5:00-5:45 AM	Small Group Training *Pre-Registration Only*						
7:00 - 7:45 AM	Gentle Morning Yoga	//////////				Gentle Morning Yoga	//////////
9:00 AM - 1:45 PM	Personal Training / Gym & Equipment Orientations *						
1:45-2:15 PM	//////////		Body Sculpt		//////////		Body Sculpt
2:30-3:00 PM	Core Strength	Yoga Fusion	Jeet Kune Do/ Kickboxing	Yoga Fusion	Muay Thai/ Jeet Kune Do	Lower Back Mobility	Muay Thai/ Jeet Kune Do
5:00-5:30 PM	20 Online Information, Coaching & Account Set Up Instruction						
5:30-6:00 PM	Lower Back Mobility	Yoga Fusion	Lower Back Mobility	Yoga Fusion	Lower Back Mobility	Functional Flexibility	Yoga Fusion
6:00-6:45 PM	Spin	Jeet Kune Do/ Kickboxing	Spin	Boxing & Self Defence	Interval Training	Interval Training	Jeet Kune Do/ Kickboxing
6:45-7:15 PM	Core Strength	Interval Training	Core Strength				Interval Training
7:15-7:45 PM	Power Circuit	Core Strength	Advanced Muay Thai/ Jeet Kune Do*	Power Circuit	Muay Thai/ Jeet Kune Do	Power Circuit	Core Strength
7:45-8:30 PM	Power Yoga	Yin Yoga	//////////	Yoga		//////////	Yoga 7:30-8:00
8:00-9:00 PM	Personal Training* / Gym & Equipment Orientations *						



Legend

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

* Source: www.canada.ca