

SUMMER FITNESS SCHEDULE

JULY 1, 2024 - SEPT 1, 2024

Please use Click-It to secure your spot in a drop-in fitness class. www.clickit.beaumont.ab.ca

	TIME	DROP-IN CLASS	LOCATION	REGISTERED	POOL
MONDAY	8:15am - 9:00am	Aqua-Fit	BSRC Main Pool		●
	9:00am - 9:45 am	Pick Your Pace Bootcamp	BSRC Field House		
	9:15am - 10:00am	Spincycle	BSRC MPR East (211)		
	11:00am - 12:00pm	Yin Yoga	BSRC Studio A		
	6:00pm - 6:45pm	HITT	BSRC Studio A		
	7:30pm - 8:15pm	Aqua-Fit	BSRC Main Pool		●
TUESDAY	6:00am - 6:45pm	Bootcamp	BSRC Fieldhouse		
	9:00am - 9:45pm	Bodyweight Bootcamp	BSRC Fieldhouse		
	10:00am - 10:45pm	Butts and Guts	BSRC Studio A		●
	11:00am - 11:45pm	Mobile Joints	BSRC Studio A		
	12:15pm - 1:00pm	Gentler Aqua-Fit	BSRC Main Pool		●
	6:00pm - 6:45pm	B-Fit Bootcamp	BSRC Studio A		
	7:15pm - 8:00pm	Spincycle	BSRC MPR East (211)		
WEDNESDAY	6:00am - 6:45am	Work it Out Wednesday	BSRC Field House		
	8:15am - 9:00 am	Aqua-Fit	BSRC Main Pool		●
	9:00am - 9:45am	Pick your Pace Bootcamp	BSRC Field House		
	10:00am - 10:45pm	Core and More	BSRC Studio A		
	11:00am - 12:00pm	Hatha Yoga	BSRC Studio A		
	6:00pm - 7:00pm	Body Balance	BSRC Studio A		
	7:30pm - 8:15pm	Aqua-Fit	BSRC Main Pool		●

**There are no classes on Stat. Holidays.
No classes on July 1 or August 5**

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	TIME	DROP-IN CLASS	LOCATION	REGISTERED	POOL
THURSDAY	6:00am - 6:45 am	Bootcamp	BSRC Field House		
	8:15am - 9:00 am	Bootcamp	BSRC Field House		
	10:00am - 10:45 am	Pilates and Stretch	BSRC Studio A		
	11:00am - 11:45 am	Mobile Joints	BSRC Studio A		
	12:15pm - 1:00 pm	Gentler Aqua-Fit	BSRC Main Pool		●
	6:00pm - 6:45 pm	Bootcamp	BSRC Studio A		
	7:00pm - 7:45 pm	Spincycle	BSRC MPR East (211)		
	7:00pm -8:00 pm	Easy Flow Vinyasa Yoga	BSRC Studio A		
FRIDAY	8:15am - 9:00 am	Aqua-Fit	BSRC Main Pool		●
	9:15am - 10:00am	Band Burnout	BSRC Field House		
	9:15am - 10:00am	Spincycle	BSRC MPR 211		
	6:00pm - 6:45pm	Spincycle and Strength	BSRC MPR East (211)		
SATURDAY	8:00am - 8:45 am	Bootcardio Blast	BSRC Field House		
	9:00 am - 9:45pm	Synrgy Circuit	BSRC Upper Fitness Center		
	9:00am - 10:15 am	Hatha Yoga	BSRC Studio A		
SUNDAY	9:00am - 9:45am	Spincycle	BSRC MPR West (213)		
	10:00am - 11:00am	Full Body Flow	BSRC Studio A		
	12:15pm - 1:00pm	Aqua-Fit	BSRC Main Pool		●

* Drop-In Activity & Sport times can be subject to change, and BSRC facility holiday hours are in effect. Any open times outside of the specific programmed timeslots are available for booking rentals or spontaneous use (no equipment set-ups) All drop-in activity and sport participants are expected to abide by facility and/or program rules

** Please refer to beaumont.ab.ca/729 for current updates on programs and scheduling. For any questions or feedback regarding drop-in activities or sports, please contact BSRC Guest Services at Guest.Services@beaumont.ab.ca.

*** Expanded Drop-in schedule will occur on statutory holidays and school professional development days