

Penhold Regional Multiplex Fitness Center

FITNESS CENTRE HOURS
Monday-Thursday 6am-10pm
Friday 6am—9pm
Saturday-Sunday 10 am to 6 pm

It is \$10 to drop in to any class or purchase 10 classes for \$84. Register 24 hours in advance.
 Drop In is allowed, space permitting. We strongly encourage registering in advance for both Spin and Bootcamp.
 Please visit our website www.townofpenhold.ca or check out our FB page to view upcoming classes. Please call 403-886-3268
 or email fitnesscenter@townofpenhold.ca

PENFIT July Class Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Closed Open to 24 Hour Users
2 OPEN 10 am to 6 pm	3 OPEN 10 am to 6 pm	4 10:15am Yoga 5:30pm Spin	5 5:30pm Spin 6:40pm Yoga	6 5:30pm Spin	7	8 10am H.I.I.T
9 10:00 am Spin	10	11 10:15am Yoga 5:30pm Spin	12 5:30pm Spin 6:40pm Yoga	13 5:30pm Spin	14	15
16 10:00am Spin	17 CLOSED FOR PAINTING	18 CLOSED FOR PAINTING 10:15 am Yoga	19 CLOSED FOR PAINTING 6:40pm Yoga	20 5:30pm Spin	21	22 10am H.I.I.T
23 30 10:00am Spin	24	25 10:15am Yoga 5:30pm Spin	26 5:30pm Spin 6:40pm Yoga	27 5:30pm Spin	28	29