

Penhold Regional Multiplex Fitness Center

FITNESS CENTRE HOURS

Monday-Friday 6am-10pm

Saturday-Sunday 8am-8pm

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

April Class Schedule

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------------------|------------------------|--|---|--|--------------------------|-------------------------------|
| | | | | | | 1 10am H.I.I.T |
| 2 930am Spin | 3 10am Spin | 4 10:15am Yoga 6pm Bootcamp | 5 5:30pm Spin 6:40pm Yoga | 6 9:15am Pound 6pm Bootcamp | 7 5:30pm Spin | 8 10am H.I.I.T |
| 9 930am Spin | 10 10am Spin | 11 10:15am Yoga 6pm Bootcamp | 12 11am H.I.I.T 5:30pm Spin 6:40pm Yoga | 13 9:15am Pound 6pm Bootcamp | 14 CLOSED | 15 OPEN 10am-6pm |
| 16 OPEN 10am-6pm | 17 CLOSED | 18 10:15am Yoga 6pm Bootcamp | 19 5:30pm Spin 6:40pm Yoga | 20 9:15am Pound 6pm Bootcamp | 21 5:30pm Spin | 22 10am H.I.I.T |
| 23/30 930am Spin | 24 10am Spin | 25 10:15am Yoga 6pm Bootcamp | 26 11am H.I.I.T 5:30pm Spin 6:40pm Yoga | 27 9:15am Pound 6pm Bootcamp | 28 5:30pm Spin | 29 |

Stay tuned to our Facebook page for exciting upcoming announcements and up to date information.