

Winter 2017-2018 GroupEx Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00AM		PILATES Mel K	SPIN-TRX Julie K	SPIN-FIT Kim H	SPIN-TRX Julie K	SPIN50 Krista T	PILATES Mel K
10:15AM		YOGA Nigel P	YOGA Anna P	YOGA Nigel P	YOGA Anna P	YOGA Nigel P	SPIN-YOGA Ashley H
5:15PM		YOGA Kim M	YOGA Katie M	YOGA Kim M	SPIN50 Josh S		
6:30PM	YOGA Katie M	SPIN50 Shannon K	SPIN-YOGA Ashley H	SPIN-FIT Shannon K	YOGA Katie M		
7:00PM Fit to Play		CORE BALL Paul A	HIIT Josh S	HARDCORE BALL Paul A	HIIT Josh S		

- ✓ Instructor availability and class schedule may change at any time, please see online calendar for weekly availability
- ✓ **Online Registration** begins at 7:30AM the DAY BEFORE the class; (sign-up Sunday for a class on Monday)
- ✓ Registration is *online* thru **evolutionfernief.com** or *in person only*; No phone call registration.
- ✓ All Participants are required to:
 - ✓ Arrive **10-15 minutes prior to class start time**. Late arrivals may lose their spot.
 - ✓ **Scan** your membership card or **Check-in** with front desk staff *prior to class entry*
- ✓ Studio doors OPEN approx. 10 minutes prior-to class start time; and CLOSE at class start time.
- ✓ Class size is limited to **10 SPIN/FUSION/HIIT participants; 14 YOGA/PILATES/CORE participants**
- ✓ **No-show's** and **Last Minute Cancellations** (*within 1 hour of class start time*) prevent other members from enjoying the class and will be charged a **\$5 No-Show Fee** (donated to the *Fernie Trail Alliance*). Repeat no-shows (*3x in one month*) will lose registration privileges!
- ✓ Courtesy and co-operation are needed to ensure smooth class changeovers, please:
 - ✓ Allow previous class participants to exit studio first
 - ✓ Vacate the studio after class has finished to allow cleanup and the next class participants to setup