

FITNESS CENTER

Group Exercise Classes

Mondays

- 6:30am Amy's Tone and Shape
- 12:00pm HIIT 30 Workout 1
- 5:00pm Cardio & Core with Melita

Tuesdays

- 6:30am Metabolic Conditioning
- 12:00pm Spin with Stephanie
- 5:30pm BT Bootcamp 1

Wednesdays

- 6:30am HIIT 30 Workout 1
- 12:00pm Cardio & Core with Melita
- 5:00pm AXIS 3
- 6:30pm Mat Pilates

Thursdays

- 6:30am Transform 2
- 12:15pm Lunch Bootcamp-Stephanie
- 5:30pm Well Balanced Flow

Fridays

- 6:30am Straps Lower body
- 12:00pm Spin with Stephanie
- 5:30pm BOOT 6

Squamish Fitness Center

(360) 394-7142