



# FLEX PASS

**\$60 to access various monthly specialty classes. Try out new options and find your favourite class.**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					Circuit 8:15 - 9:15 am	
Arms & Abs 9:15 - 10:15 am		HIIT & Ride 9:15 - 10:15 am		Buns & Bellies 9:15 - 10:15 am		
		Aqua Baby Worx 10:15 - 11 am			Step 10:15 - 11:15 am	
	Baby Worx 10:15 - 11:15 am		Baby Worx 10:15 - 11:15 am			
	All in One 10:15 - 11:15 am		All in One 10:15 - 11:15 am			
Aqua Baby Worx 11:15 am - 12:15 pm						
Core and Restore 6 - 7 pm		Barre Burn 6 - 7 pm	Bootcamp 6 - 7 pm			
Bootcamp 6:50 - 7:35 pm	HIIT & Ride 6:15 - 7:15 pm	All in One 6:15 - 7:15 pm				
	Strong 6:30 - 7:15 pm		Pure Ride 6:30 - 7:30 pm			
Aqua Zumba® 7 - 8 pm	Full Body Yoga 7 - 8:15 pm		Full Body Yoga 7 - 8 pm			
Pure Ride 7:15 - 8 pm						

## FLEX PASS UPDATED

Schedule updates, class descriptions and frequently asked questions can be found on our website.

**Pre-registration is required for all Flex Pass classes.**

For all the details, visit [strathcona.ca/flexpass](http://strathcona.ca/flexpass)

- Ardrossan Recreation Complex
- Emerald Hills Leisure Centre
- Glen Allan Recreation Complex
- Kinsmen Leisure Centre
- Millennium Place

**780-416-7233 | [strathcona.ca/flexpass](http://strathcona.ca/flexpass)**