

# HUB Fitness Classes

grow  
sport



## Schedule Starts September 4, 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:15 – 8:15am	20/20/20 Jenn	Cardio & Strength Alana		Circuit Alana	
9:00 – 10:00am	Circuit Jenn	Cardio & Strength Kaili	20/20/20 Alana	Cardio & Strength Kaili	TRX Tami/Britt
<b>NEW TIME</b> 5:45 – 6:45pm	Snow Fit Alana		Cardio & Strength Jenn	Circuit Jenn	
7:00 – 8:00pm	Muscle Release & Relaxation Alana				<b>6:00 – 7:00pm</b> <b>ZUMBA</b> Susie

### No Classes

Mon. Sept. 3  
Mon. Oct. 8  
Fri. Oct. 12 – No Zumba  
Mon. Nov. 12  
Dec. 24 - 26  
Dec. 31 – Jan. 1

### Pass Options

- ✓ Drop in pass \$12
  - ✓ 10X drop in pass \$100 (expires after 90 day's)
  - ✓ Unlimited monthly Pass \$85
  - ✓ Unlimited 3 month pass \$240
  - ✓ Annual unlimited Pass \$600
- (Purchase passes at the athletes lodge, next door to Hub)

Like us on Facebook: **HUB Fitness Whistler**

More information:

[www.whistlersportlegacies/hubfitnesswhistler](http://www.whistlersportlegacies/hubfitnesswhistler)

### Whistler Athletes' Centre- Performance Hub

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