

SUMMER PROGRAMS JULY - AUGUST



Sign Up Today! (July 17 – August 27)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:15am Bootcamp (with Tyler, Outdoors)		6:15am Strength Training (Move123)			
12:05pm Yoga (Move123)		12:05pm Yoga (with Gita)	12:05pm Zumba (with Ana)	12:05pm Pilates (Move123)	12:05pm Stretching (Move123)	12:05pm Strength Training (Move123)
	5:00pm Pilates (Move123)			5:00pm Yoga (Move123)		

Move123 Virtual Classes

Join us for our Move123 classes, 20-to-30-minute professional pre-recorded group fitness workouts. Move123 workouts are complimentary for members, and guests can enjoy these classes for our drop-in fee.

Paid Summer Programming

Get the most out of your workout with these 45-minute instructor led classes! This summer season, we have Yoga and Zumba to get you sweating and keep you smiling.

\$49.50* For Members • \$64.50* For Non-Members Class Series (50% off original price until July 31)

\$62.50* For Members • \$83* For Non-Members Flexible 5 Pack Drop-In Passes

Community Drop-In Class: Bootcamp

Soak up the sunshine and join us for Bootcamp this summer! Every Monday, meet Tyler at the Fuse Fitness Lobby for a great workout. For this class, we use the pay what you can philosophy.

REGISTER TODAY!

at (403) 460-3873,
www.fusefitness.ca/fitness-programs
or scan here!



*Fitness programs are subject to change. Some conditions apply. E&OE.

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