



STADPLEX

FORCES IN TRAINING

STADPLEX FITNESS AND SPORTS CENTRE SPRING CLASS SCHEDULE

	MON	TUES	WED	THURS	FRI
0730-0830			WATERWORKS		WATERWORKS
0830-0930	FORCE PREP	FORCE PREP	FORCE PREP	FORCE PREP	FORCE PREP*
0930-01030		POOL JOGGING		POOL JOGGING	
1130-1300	LANE SWIM	LANE SWIM	LANE SWIM	LANE SWIM	LANE SWIM
1215-1300	UPPER BODY AND CORE	SPIN	YOGA NEW TACTICAL ATHLETE	LOWER BODY AND CARDIO	STEP AEROBICS

**The last Friday of every month will be a FORCE Famil session*

TACTICAL ATHLETE – Tactical Athlete is a class designed to focus on the fundamentals of tactical strength and conditioning. Weightlifting, calisthenics, austere training may be employed. Come out and improve your combat abilities while training to be a well-rounded Tactical Athlete. *****PLEASE NOTE*** maximum 10 participants per class.**