



# FORCES IN TRAINING

## SHEARWATER FITNESS AND SPORTS CENTRE SPRING CLASS SCHEDULE

	MON	TUES	WED	THURS	FRI
7:30-8:15	FUNCTIONAL MOVEMENT	FUNCTIONAL STRENGTH	YOGA	FUNCTIONAL STRENGTH	FORCE PREP*
8:30-9:15	FORCE PREP		FORCE PREP		
11:45-12:30	SPIN	TRX	SPIN	FUNCTIONAL STRENGTH	YOGA
12:00-13:00	LANE SWIM	LANE SWIM	LANE SWIM	LANE SWIM	LANE SWIM

\*Last Friday of each month is FORCE Famil