



**SHEARWATER**

## **FORCES IN TRAINING**

### **SHEARWATER FITNESS AND SPORTS CENTRE SUMMER CLASS SCHEDULE**

	<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THURS</b>	<b>FRI</b>	<b>SAT</b>
<b>0700-0800</b>		LANE SWIM		LANE SWIM		
<b>0730-0815</b>	FORCE PREP		FORCE PREP		FORCE PREP*	SPIN (0930-1030)
<b>1145-1230</b>	TRX	SPIN	FUNCTIONAL STRENGTH	SPIN	RANGE OF MOTION	
<b>1200-1300</b>	LANE SWIM	LANE SWIM	LANE SWIM	LANE SWIM	LANE SWIM	
<b>1800-1900</b>	YOGA	BOOT CAMP	YOGA	BOOT CAMP		

\*Last Friday of each month is FORCE Famil