

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>9:15</b>	2-3-4		1+/2-3-4	1-1+	3-4	1-1+
<b>10:45</b>	1-1+ Abdo-Trunk Postural	1-1+	OPEN Stretch, Abs & Back	SBC (1hr)	OPEN Stretch, Abs & Back	2-3-4
<b>12:15</b>		SBC (1hr)				SBC / L1 (1hr)
<b>Private classes and evaluation sessions available</b>						
<b>5:00</b>						
<b>5:30</b>	OPEN 1-4	OPEN 1-4		OPEN 1-4		
<b>6:00</b>			OPEN 1-4			
<b>6:30</b>						

## 1. **SIGN UP** to receive class **UPDATES & news**

Make sure to sign up so you get notifications about closures, special classes, etc.

Go to [fitnesstable.com](http://fitnesstable.com), click "get updates" in the menu, and enter your info. Watch your inbox for a confirmation email and click the confirmation link inside. *(If you don't see it, check your junk mail folder)*

## 2. **GET OUR APP** to **RESERVE** your spot in class

Some classes are filling up - be sure to sign into your class in advance with our new app.

**Grab the app links on our website.** Go to [fitnesstable.com](http://fitnesstable.com), click on "schedule" in the menu, and grab the app for your iPhone or android. *Use the app and you don't need to use your key tag to sign into class.*

Classes are 60 – 75 minutes. **Please reserve your spot with the app OR swipe in when you enter.** An evaluation is required prior to starting classes. Please call 403-245-9009 for an appointment. Information & evaluation session \$95 (gst is not included in prices). \*Schedule subject to change without notice. There will be a \$50 administration fee for contract cancellation, prior to start date. No refunds after first class. **Please note: 24 hour notice required for cancellation of private sessions or will be charged in full.**