



JamiesonPlace
FITNESS

Group Exercise Class Schedule

Schedule for January 10 – January 31

Monday

Tuesday

Wednesday

Thursday

Friday

Scan QR Code or
select Member
Portal link below to
register for classes



[Member Portal](#)

11am

12pm

1pm

	Monday	Tuesday	Wednesday	Thursday	Friday
11am					
12pm		Strength & Core 12:00 -12:45pm with Ross	Yoga 12:00-12:45pm with Tracy M	Bootcamp 12:00 -12:45pm with Nicole	
1pm					

PURCHASE OPTIONS

- \$50: Unlimited Class Pass
- \$40: 4 Drop-in Passes
- \$12: 1 Drop-in Pass

Prices don't include GST

- Space is limited
- Class registration opens 7 days in advance
- Please bring your own yoga mat to yoga class
- Schedule/instructors are subject to change

