

















# Functional Fitness.

# October 2020

**ALL classes will continue to be offered online via  Zoom unless highlighted**  
(please contact us at [info@functionalfitness.ca](mailto:info@functionalfitness.ca) for login information to join the classes.)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:00 – 8:00 Functional Fitness		7:00 – 8:00  Functional Fitness	7:00 – 8:00  Functional Fitness		
	9:00 – 10:00 Functional Fitness	9:00 – 10:00 Functional Fitness 	9:00 – 10:00   Functional Fitness	9:00 – 10:00 Functional Fitness 		9:00 – 10:00  Functional Fitness
	10:00 – 10:15 Stretching and Mobility		10:00 – 10:15 Stretching and Mobility		10:00 – 10:15 Stretching and Mobility	
	12:00 – 12:15 Stretching and Mobility	12:00 – 12:15 Stretching and Mobility		12:00 – 12:15 Stretching and Mobility		
			4:45 – 5:00 Stretching and Mobility	4:45 – 5:00 Stretching and Mobility		
			5:00 – 6:00  Functional Fitness	5:00 – 6:00  Functional Fitness		



- ◆ The “Waiting Room” option for Zoom meetings is turned ON and allows access to the meeting at any time;
- ◆ Access to the Meeting Room will begin 5 minutes before the scheduled start time;
- ◆ At the scheduled start time, all participants will be muted and the class will begin.



**DENOTES AN “IN-PERSON” CLASS AT THE GYM**



**WORKOUTS USING WEIGHTS \*\***



**OUTDOOR WORKOUT @ SHEFFIELD PARK**



**15-MINUTE *PULSE WORKOUTS* WHICH “INFUSE” MOVEMENT, STRETCHING AND BREATH INTO YOUR DAY.**