

# group exercise INCLUDED IN MEMBERSHIP

NOVEMBER 15 - 21



## STRENGTH & TONING

| MON                                     | TUES                                                | WED                                          | THURS                                    | FRI                                     | SAT                                 | SUN                                |
|-----------------------------------------|-----------------------------------------------------|----------------------------------------------|------------------------------------------|-----------------------------------------|-------------------------------------|------------------------------------|
| BODYPUMP<br>5:30 - 6:30am<br>Sandy (G2) |                                                     | BODYPUMP<br>5:30 - 6:30am<br>Sandy (G2)      |                                          | BODYPUMP<br>5:30 - 6:30am<br>Amber (G2) |                                     |                                    |
|                                         | SENIOR<br>FUN & FIT<br>8:45 - 9:30am<br>Brenda (G2) |                                              |                                          |                                         |                                     |                                    |
| BODYPUMP<br>9:00 - 9:45am<br>Amber (G2) | SENIOR<br>CIRCUIT<br>9:45 - 10:30am<br>Brenda (G2)  | BODYPUMP<br>9:00 - 9:45am<br>Yvonne (G2)     |                                          |                                         | BODYPUMP<br>10:00 am<br>Alyssa (G2) |                                    |
|                                         |                                                     | SS CLASSIC<br>11:00-11:45am<br>Margaret (Y1) |                                          | BODYPUMP<br>10:15 am<br>Katie (G2)      |                                     | BODYPUMP<br>10:45 am<br>Katya (G2) |
|                                         | BODYPUMP<br>12:00-12:45pm<br>Tammy (G2)             |                                              | BODYPUMP<br>12:00-12:45pm<br>Alyssa (G2) |                                         |                                     |                                    |
|                                         | BODYPUMP<br>4:45 pm<br>Alyssa (G2)                  |                                              | BODYPUMP<br>4:45 pm<br>Yvonne (G2)       |                                         |                                     |                                    |
|                                         |                                                     | BODYPUMP<br>5:45 pm<br>Katie (G2)            |                                          |                                         |                                     |                                    |
| BODYPUMP<br>7:00 pm<br>Katya (G2)       |                                                     |                                              | BODYPUMP<br>7:00 pm<br>Sandy (G2)        |                                         |                                     |                                    |

## FITNESS CLASS LOCATIONS



Y1 = Yoga Room (1st Floor)



G2 = Large Group Exercise Room (2nd Floor)



C2 = Cycling Room (2nd Floor)

## STEP OR DANCE FITNESS

| MON                                | TUES                                 | WED | THURS                                 | FRI                           | SAT                            | SUN                             |
|------------------------------------|--------------------------------------|-----|---------------------------------------|-------------------------------|--------------------------------|---------------------------------|
|                                    | ZUMBA<br>5:30 - 6:30am<br>Lexy (G2)  |     | ZUMBA<br>5:30 - 6:30am<br>Lexy (G2)   |                               |                                |                                 |
|                                    |                                      |     |                                       |                               | ZUMBA<br>8:30 am<br>Corey (G2) |                                 |
| ZUMBA<br>10:15 am<br>Brittany (G2) |                                      |     | ZUMBA<br>9:00 am<br>Tiffany (G2)      | ZUMBA<br>9:00 am<br>Andy (G2) |                                | ZUMBA<br>9:15 am<br>Davina (G2) |
|                                    |                                      |     |                                       |                               |                                |                                 |
| ZUMBA<br>5:45 pm<br>Andy (G2)      | ZUMBA<br>6:00 - 6:45pm<br>Corey (G2) |     | ZUMBA<br>6:00 - 6:45pm<br>Davina (G2) |                               |                                |                                 |

## CYCLING

| MON                                 | TUES                                          | WED                                           | THURS                              | FRI                                           | SAT                                             | SUN |
|-------------------------------------|-----------------------------------------------|-----------------------------------------------|------------------------------------|-----------------------------------------------|-------------------------------------------------|-----|
|                                     | RPM<br>5:30 - 6:15am<br>Kerri (C2)            | RPM<br>5:30 - 6:15am<br>Michelle (C2)         |                                    | RPM<br>5:30 - 6:15am<br>Julie (C2)            |                                                 |     |
|                                     |                                               |                                               |                                    |                                               | POWER CYCLING<br>8:30 - 9:30am<br>Karen (C2)    |     |
|                                     | GROUP CYCLING<br>9:00 - 9:45am<br>Lauren (C2) |                                               | RPM<br>9:00 - 9:45am<br>Tammy (C2) | GROUP CYCLING<br>9:00 - 9:45am<br>Lauren (C2) |                                                 |     |
|                                     |                                               |                                               |                                    |                                               | GROUP CYCLING<br>11:00 - 11:45am<br>Yvonne (C2) |     |
| RPM<br>12:00-12:45pm<br>Alyssa (C2) |                                               | GROUP CYCLING<br>12:00-12:45pm<br>Lauren (C2) |                                    |                                               |                                                 |     |
|                                     |                                               |                                               |                                    |                                               |                                                 |     |
| RPM<br>5:30 pm<br>Karen (C2)        | RPM<br>5:30 - 6:15pm<br>Yvonne (C2)           | RPM<br>5:30 pm<br>Karen (C2)                  |                                    |                                               |                                                 |     |
|                                     |                                               |                                               |                                    |                                               |                                                 |     |

## YOGA

| MON                                            | TUES                                   | WED                                            | THURS                                     | FRI                                        | SAT                                  | SUN                                |
|------------------------------------------------|----------------------------------------|------------------------------------------------|-------------------------------------------|--------------------------------------------|--------------------------------------|------------------------------------|
|                                                |                                        |                                                |                                           |                                            |                                      |                                    |
|                                                |                                        |                                                |                                           |                                            | YOGA FLOW<br>8:00 am<br>Katie K (Y1) |                                    |
| GENTLE YOGA<br>10:00 am<br>Steph (Y1)          |                                        | GENTLE YOGA<br>10:00 am<br>Lisa (Y1)           | CHAIR YOGA<br>10:00 am<br>Roopa (Y1)      | GENTLE YOGA<br>10:00 am<br>Tara (Y1)       |                                      |                                    |
| YOGA FLOW<br>12:00 - 12:45pm<br>Katherine (Y1) |                                        | YOGA FLOW<br>12:00 - 12:45pm<br>Katherine (Y1) | YOGA FLOW<br>12:00 - 12:45pm<br>Lisa (Y1) | YOGA FLOW<br>12:00 - 12:45pm<br>Steph (Y1) |                                      | YOGA FLOW<br>12:00pm<br>Kerri (Y1) |
|                                                |                                        | SPORT YOGA<br>1:00 - 1:45PM<br>Chris (G2)      |                                           |                                            |                                      |                                    |
|                                                |                                        |                                                |                                           |                                            |                                      |                                    |
|                                                |                                        |                                                |                                           |                                            |                                      |                                    |
|                                                | ANIMAL FLOW<br>6:00 pm<br>Jasmine (Y1) | YOGA FLOW<br>6:00 pm<br>Tara (Y1)              | ANIMAL FLOW<br>6:00 pm<br>Jasmine (Y1)    |                                            |                                      |                                    |