

# group exercise INCLUDED IN MEMBERSHIP

JANUARY 17 - 23



## 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>Yvonne (G2)     |  | BODYPUMP<br>5:30 - 6:30am<br>Sandy (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>Amber (G2)      |  |   | BODYPUMP<br>10:00am<br>Yvonne (G2) |                                     |
|   |   | SS CLASSIC<br>11:00-11:45am<br>Margaret (Y1) |  | BODYPUMP<br>10:15am<br>Tammy (G2)       |                                    | BODYPUMP<br>10:45 am<br>Yvonne (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>Katya (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>Corey (G2) |     | ZUMBA<br>5:30 - 6:30am<br>Lexy (G2)  |                               |                               |                                   |
|                                    |                                      |     |                                      |                               | ZUMBA<br>8:30 am<br>Lexy (G2) |                                   |
| ZUMBA<br>10:15 am<br>Brittany (G2) |                                      |     | ZUMBA<br>9:00 am<br>Jasmine (G2)     | ZUMBA<br>9:00 am<br>Andy (G2) |                               | ZUMBA<br>9:15 am<br>Brittany (G2) |
|                                    |                                      |     |                                      |                               |                               |                                   |
| ZUMBA<br>5:45 pm<br>Andy (G2)      | ZUMBA<br>6:00 - 6:45pm<br>Lexy (G2)  |     | ZUMBA<br>6:00 - 6:45pm<br>Corey (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>8:30am<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>Davina (C2) |
| RPM<br>12:00-12:45pm<br>Kaylee (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>8:00am<br>Tara (Y1) |                                      |
| GENTLE YOGA<br>10:00 am<br>Heather (Y1)    |  | GENTLE YOGA<br>10:00 am<br><b>NO CLASS</b> | CHAIR<br>YOGA<br>10:00 am<br>Brenda (Y1)   | GENTLE YOGA<br>10:00 am<br>Tara (Y1)       |                                  |                                      |
| YOGA FLOW<br>12:00 - 12:45pm<br>Kerri (Y1) |  | YOGA FLOW<br>12:00 - 12:45pm<br>Roopa (Y1) | YOGA FLOW<br>12:00 - 12:45pm<br>Steph (Y1) | YOGA FLOW<br>12:00 - 12:45pm<br>Kerri (Y1) |                                  | YOGA FLOW<br>12:00pm<br>Heather (Y1) |
|  |  | SPORT YOGA<br>1:00 - 1:45PM<br>Chris (G2)  |  |  |                                  |                                      |
|  |  |  |  |  |                                  |                                      |
| YOGA FLOW<br>6:00pm<br>Tara (Y1)           | 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)     |  |                                  |                                      |