



## SPRING SCHEDULE - Revised April 21st

April 17th - June 30th , 2017



| Fitness Centre  | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY  | SUNDAY   |
|---|---|--|--|--|--|---|--|
| <b>Hours:</b>   | 6:45am-7:30am   |  | <i>Starts April 26th</i><br>6:45am-7:30am                                |  |  | <i>May 2nd - June 25th</i><br>10:00am   |  |
| <b>Monday - Friday</b><br>6:30am-10:00pm  | <u>Tabata</u><br>Janine   |  | <u>Pilates</u><br>Svetlana   |  |  | <u>Learn to Run 5k</u><br>Matt  |  |
| <b>Saturday</b><br>9:00am - 9:00pm  |   | <i>Starts May 9th</i><br>10:00am-11:00am<br><u>Mommy &amp; Baby</u><br>Aimee |  | <i>Starts May 9th</i><br>10:00am-11:00am<br><u>Mommy &amp; Baby</u><br>Aimee |  | 10:30am-11:15am<br><u>Body Blast</u><br>Nikki                                     |  |
| <b>Sunday</b><br>10:00am - 8:00pm   |   |  | <i>Starts May 8th</i><br>12:15pm-12:45pm<br><u>Express Spin</u><br>Aimee | <i>Starts May 4th</i><br>12:15pm-1:00pm<br><u>Yoga Flow</u><br>Clare         | 12:15pm-12:45pm<br><u>Shockwave</u><br>Helen/Michelle H            | 11:15am-12:15pm<br><u>Beginner Step</u><br>Tina                                   | <i>Starts May 6th</i><br>12:00pm-12:45pm<br>Sweatin to the Oldies<br>Clare |
|   |   | 12:15pm-12:45pm<br><u>H.I.I.T</u><br>Chileab                                 |  |  |  | <i>May 3th - June 24th</i><br>12:30-1:30pm<br><u>Expediton Unknown</u><br>Chileab | 1:00pm - 2:00pm<br><u>Salsareobics</u><br>Tanya                            |
| <b>Class Legend</b>   |   |  |  |  |  | 2:00pm-3:15pm<br><u>Yoga Flex &amp; Flow</u><br>Svetlana/Sarah/Tanya              |  |
| Strength  |   |  |  |  |  |   |  |
| Cardio  |   | <i>April 25th-May 16th</i>   |  |  |  |   |  |
| Strength & Cardio   | 5:30pm- 6:30pm<br><u>Get Ripped*</u><br>Mandy                                   | 5:45pm-6:30pm<br><u>Learn to Spin</u><br>Helen                               | 5:30pm-6:30pm<br><u>Pump It*</u><br>Aimee                                |  | 5:30pm-6:30pm<br><u>Step Areobics*</u><br>Mandy                    |   |  |
| Choreography Cardio   |   |  |  |  |  |   |  |
| Core  |   |  |  |  |  |   |  |
| Mind-Body   | 6:30pm-7:00pm<br><u>Cardio E.S.P.*</u><br>Chileab                               | 6:45pm-7:30pm<br><u>Cardio Kickboxing *</u><br>Tanya                         | <i>May 3th - June 24th</i><br>6:30pm-7:30pm<br>Expediton Unknown         | 6:45pm-7:30pm<br><u>Jump Rope Intervals*</u><br>Jess/Chileab                 | <i>April 21st</i><br>7:00pm-8:00pm<br><u>Inuit Games</u><br>Johnny |   |  |
| Pre-Registered<br><i>See Guest Sevices</i>  |   |  |  |  |  |   |  |
| <b>*Class pass required</b><br><i>(available at Guest Services 60 mins before start of class)</i> | <i>May 8th - June 12th</i><br>7:30pm-8:30pm<br><u>Learn Hip Hop</u><br>Michelle | <i>May 2nd - June 25th</i><br>7:00pm<br><u>Learn to Run 5k</u><br>Matt       | <i>Starts May 3rd</i><br>7:30pm-8:30pm<br><u>Cardio Dance*</u>           | <i>May 2nd - June 25th</i><br>7:00pm<br><u>Learn to Run 5k</u><br>Matt       |  |   |  |