



AQUATIC CENTRE GROUP FITNESS SCHEDULE

SUMMER 2017

July 4th - 19th, 2017



<u>Fitness Centre</u>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>Hours:</u>							
Monday - Friday 6:30am-10:00pm							
Saturday 9:00am - 9:00pm		10:00am-11:00am <u>Mommy & Baby Fitness</u>		10:00am-11:00am <u>Mommy & Baby Fitness</u>		10:30am-11:15am <u>Body Blast</u>	
Sunday 10:00am - 8:00pm		12:15pm-12:45pm <u>H.I.I.T</u>	12:15pm-12:45pm <u>Express Spin</u>	12:15pm-12:45pm <u>Core Conditioning</u>	12:15pm-12:45pm <u>Battle of Rowers</u>		
<u>Class Legend</u>							
Strength							
Cardio							
Strength & Cardio							
Choreography Cardio	5:30pm- 6:30pm	5:45pm-6:30pm	5:30pm-6:30pm	5:30pm-6:30pm	5:30pm-6:30pm	5:30pm-6:30pm	
Core	<u>Get Ripped*</u>	<u>Learn to Spin</u>	<u>Pump It*</u>	<u>Yoga for Everyone*</u>	<u>Piloxing*</u>		
Mind-Body				Joelle			
Pre-Registered <i>See Guest Sevices</i>							
<u>*Class pass required</u> <i>(available at Guest Services 60 mins before start of class)</i>							

