



# AQUATIC CENTRE GROUP FITNESS SCHEDULE



**WINTER SCHEDULE 2019**  
**January 14th - April 7th 2019**

Fitness Centre	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Hours:</b>		6:45am-7:45am <u>BOOTCAMP</u> Small Group Training Sara T.	6:45am-7:30am <u>AQUAFIT</u> Jess	6:45am-7:45am <u>BOOTCAMP</u> Small Group Training Sara T.			
Monday - Friday 6:30am-10:00pm						10:00am-10:45am <u>AQUAFIT</u>	
Saturday 9:00am - 9:00pm			12:15pm-12:45pm <u>AQUA JOGGING</u> Jess			10:00am-11:00am <u>RIP</u>	
Sunday 10:00am - 8:00pm	12:15pm-12:45pm <u>ABS CIRCUIT</u> Nick	12:15pm-12:45pm <u>VINYASA YOGA</u> Erika	12:15pm-12:45pm <u>SPIN</u> Sara T.	12:15pm-12:45pm <u>HIIT CIRCUIT</u> Nick	12:15pm-12:45pm <u>SPIN</u> Sara T.	11:15pm-11:45pm <u>AXIS</u>	
<b>Class Legend</b>		4:00pm-4:45pm <u>Teen Sport (14-18years)</u> Nick					2:00pm-2:45pm <u>SPIN</u> Sara T.
<b>Drop-in Classes</b> <i>*included in all passes</i>	5:30pm-6:30pm <u>RIP</u> Darron	6:00pm-7:00pm <u>TRANSFORMATION</u> <u>CHALLENGE</u> Sara A.	5:30pm-6:30pm <u>VINYASA YOGA</u> Erika	6:00pm-7:00pm <u>TRANSFORMATION</u> <u>CHALLENGE</u> Sara A.	5:30pm-6:30pm <u>ABS CIRCUIT</u> Nick	12:00pm-1:00pm <u>TRANSFORMATION</u> <u>CHALLENGE</u> Sara A.	4:00pm-5:00pm <u>YING YANG YOGA</u> Erika
<b>Strength</b>							
<b>High Intensity Interval</b>							
<b>Choreography Cardio</b>							
<b>Core/Mobility</b>	6:45pm-7:45 pm <u>POWER YOGA</u> Darron	6:30pm-7:15pm <u>AQX AQUAFIT</u>	6:45pm-7:30pm <u>GROUP STRENGTH</u> Nick	6:30pm-7:15pm <u>AQX AQUAFIT</u>	6:45pm-7:30pm <u>GROUP STRENGTH</u> Nick	1:15pm-2:15pm <u>TABATA TRAINING</u> Sara A.	
<b>Aqua Fitness</b>						2:30pm-3:30pm <u>FLOW YOGA</u> Ilse	
<b>Yoga</b>							
<b>Pre-Registered Classes</b> <i>*register at Guest Services</i>		7:15 pm-7:45 pm <u>HIIT CIRCUIT</u> Nick	7:45-8:15pm <u>AXIS</u> Darron				
<b>Speciality Programs</b>							
<b>Personal Group Training</b>							

*\*Class passes will be required for all drop in classes. See Guest Services no more then 1 hour before class to receive a pass.*

