



AQUATIC CENTRE GROUP FITNESS SCHEDULE

SUMMER 2017

July 17th - September 3rd, 2017



Fitness Centre	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Hours: Monday - Friday 6:30am-10:00pm Saturday 9:00am - 9:00pm Sunday 10:00am - 8:00pm							
		10:15am-10:45am <u>Mommy & Baby</u> BOOT <i>Virtual Fitness</i> <i>*Starts July 25th</i>		10:15am-10:45am <u>Mommy & Baby</u> AXIS <i>Virtual Fitness</i>		10:30am-11:30am RIP <i>Virtual Fitness</i>	11:00am-12:00pm TRANSFORM <i>Virtual Fitness</i>
		12:15pm-12:45pm BOOT <i>Virtual Fitness</i>		12:15pm-12:45pm AXIS <i>Virtual Fitness</i>			
Class Legend Strength Cardio Strength & Cardio Choreography Cardio Core Mind-Body Pre-Registered See Guest Services	5:30pm-6:30pm POWER STEP <i>Virtual Fitness</i>		5:30pm-6:30pm RIP <i>Virtual Fitness</i>	5:30pm-6:30pm <u>Yoga for Everyone</u> <i>Joelle</i> <i>* Until August 24th</i>	5:30pm-6:30pm WAR <i>Virtual Fitness</i>		
*Virtual Fitness <i>Classes will be lead via an instructional DVD on this schedule.</i>							