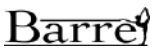










































Effective Apr 1, 2018						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CIRCUIT 6:15 - 7:00am MEL DI		CYCLE CIRCUIT 6:15 - 7:00am CYNTHIA T		KETTLEBELL 6:15 - 7:00am HELEN T		
	BOOTCAMP 9:15 - 10:00am STEPH (GYM) DI	YIN YOGA 8:00 - 8:45am PAT DI	KETTLEBELL 9:15 - 10:00am HELEN T	MET CON 9:15 - 10:00am ROBERT DI	BOOTCAMP 8:00 - 8:45am VARIES DI	FAMILY YOGA 11:30-12:15 PM EVERY 4 <sup>TH</sup> SUNDAY AGES 4+ FREE
ZUMBA FITNESS 9:15 - 10:00am JULIA DI	FIT BODIES 9:15am-10:00am KAREN DI	CYCLE 9:15 - 10:00am MAUREEN T	FIT BODIES 9:15 - 10:00am KAREN (GYM) DI	STRETCH 10:15 - 11:00am ANITA DI	YOGA 9:00 - 10:00am DANIELA DI	CYCLE CIRCUIT 9:00 - 9:45am VARIES T
STRETCH 10:15 - 11:00am ANITA DI	Barre 10:15am-11:15am ANITA DI	STRONG BY ZUMBA 10:15 - 11:15am DANIELA DI	PILATES 10:15 - 11:00am ANITA DI		ZUMBA FITNESS 10:15 - 11:00am AURORA DI	YIN YOGA 10:00 - 11:00am PATRICIA DI
BOOTCAMP 6:00 - 6:45 pm KYLE DI	MMA CIRCUIT 6:00pm-6:45pm ROB DI	W.O.D 6:00 - ??? pm ENRICO DI	MMA CIRCUIT 6:00 - 6:45pm ROCKY DI		<b>HOLIDAY SCHEDULE</b> <b>Apr 2<sup>nd</sup> Easter Monday</b>  <b>FITNESS HOURS</b> <b>6 AM – 10 PM</b>  <b>GROUP FITNESS</b> STRETCH with ANITA 10:15 – 11 AM BOOTCAMP with KYLE 6:00 – 6:45 PM YOGA with DANIELA 7:00 – 7:45 PM  <b>AQUAFIT</b> HEATHER: 9:15 – 10:00 AM JANINE: 7:45 – 8:30 PM	
KETTLEBELL 7:00 - 7:45pm HELEN T	ZUMBA FITNESS 7:00pm-7:45pm AURORA DI	Kelani DANCE 7:00 - 7:45pm IOANA (GYM) DI	ZUMBA FITNESS 7:00 - 7:45pm TARA / JULIA (GYM) DI	STRONG BY ZUMBA 6:30 - 7:30pm DANIELA D		
	YOGA 7:00pm-8:00pm SUE (MPR) DI	CYCLE 7:00 - 7:45pm VARIES T	TABATA 7:00 - 7:35pm ENRICO DI			
PILATES 8:00 - 8:45pm IOANA DI	MET CON 8:00 - 8:45pm ROBERT DI	YOGA 8:00 - 9:00pm DANIELA DI	CYCLE 8:00 - 8:45pm ROBERT T		<b>HOURS OF OPERATION</b> Effective Sept 5 <sup>th</sup> 2017 Mon – Fri 6:00am – 10:00pm Sat – Sun 7:30am – 5:00pm	
AQUAFITNESS						
9:15 – 10:00 am HEATHER T	10:45 – 11:30 am KAREN T	9:15 – 10:00 am DONNA T	10:45 – 11:30 am KAREN T	10:30 – 11:15 am DONNA T	8:00 – 8:45 am PENNY T	
7:45 – 8:30 pm JANINE T	<b>NEW</b>	7:45 – 8:30 pm JANINE T	<b>NEW</b>			

**CHILD MINDING SERVICES**  
 \*\*90 minute maximum/ 6 yrs & under  
**Effective Jan 2<sup>nd</sup>**  
 Mon – Fri 9:00am-12:00pm  
 Mon – Wed 5:45pm-8:00pm  
 Saturday 8:00am- 11:30am

Member: \$30.00/ 25 pass OR \$3.75/ visit  
 Non-member: \$4.25/ visit  
 Please see the Customer Service Desk for more information.

**NEW** – INDICATES NEW CLASS, TIME OR INSTRUCTOR  
**T** – INDICATES TOKEN REQUIRED  
**R (\$)** – INDICATES REGISTRATION REQUIRED  
**DI** – INDICATES DROP-IN, NO REGISTRATION REQUIRED  
**(MPR)** – CLASS WILL BE LOCATED IN THE MULTI PURPOSE ROOM  
**(GYM)** – CLASS WILL BE LOCATED DOWNSTAIRS IN THE GYM  
 – **HEART FRIENDLY**

CLASS	DESCRIPTION	Flexibility	Cardio	Strength	Gentle
 <b>Barre</b>	Barre will mix elements of Pilates, dance, yoga and functional training, and the moves are choreographed to motivating music.				
<b>BOOTCAMP</b>	This is the perfect workout where both your instructors and fellow participants motivate and challenge you to reach your highest potential.				
<b>CYCLE</b>	This cycling class that includes aerobic and anaerobic interval training. Rides will be sure to incorporate resistance and speed training				
<b>CYCLE CIRCUIT</b>	You never know what's in store! A combination of 20 - 25 min of cycle followed by 10 -15 min of weight training - or – Alternate between the two. Truly a complete workout.				
<b>CIRCUIT</b>	Spice up your workouts with this CIRCUIT class. Experience variety, and intensity in this heart pumping, calorie burning class.				
<b>FIT BODIES</b>	This medium/low intensity class is specifically designed for the ageing population. It focuses on joint stability, strength, balance, flexibility, coordination, agility and mobility.				
 <b>Kelani</b>	This is a Polynesian Dance inspired, hip shakin', body lovin', chakra rockin' class with an island twist. **No previous dance experience required!				
<b>KETTLEBELL</b>	A fun way to build functional strength, increase flexibility and improve coordination. A challenging workout, guaranteed to make you sweat.				
<b>MET CON</b>	This <b>Metabolic Conditioning</b> class is a fast paced, high intensity workout that will challenge your cardiovascular capacity, put your metabolism into overdrive and rapidly burn fat!				
<b>MMA CIRCUIT</b>	Mixed Martial Arts is one of the fastest growing sports today! This circuit style class teaches a combination of MMA movements.				
<b>PILATES</b>	This body conditioning routine will help build flexibility, strength and endurance and improve balance and coordination.				
<b>POWER YOGA</b>	A powerful, dynamic & sweaty class for all levels designed to challenge, awaken, detoxify & purify every system. This energetic flow style class guides participants to and increased sense of awareness and empowerment.				
<b>PUMP</b>	This class is designed to help you increase your strength, shape and tone all major muscle groups. Enjoy the benefits of weight training in this high-energy group setting.				
<b>STRETCH</b>	No pretzels, no warrior poses, & no downward dogs! Just come in and stretch. Your body will thank you for it!				
 <b>STRONG</b> BY ZUMBA	Combines HIIT with synced music motivation. This is not dancing; it's musically synced body weight movements at fast paced rhythms!				
<b>TABATA</b>	6 exercises with 3 minutes of intervals! 20 seconds of work followed by 10 seconds of rest. Get in, Get out, Goodnight!				
<b>W.O.D</b>	The science based <b>Workout Of the Day</b> workouts can last anywhere from 10 -20 mins, but sweat is guaranteed! This class may be the challenge you're looking for.				
<b>YOGA</b>	Restore balance to the body. This class incorporates breathing, postures and relaxation techniques. All levels welcome				
<b>YIN YOGA</b>	This diverse style of yoga holds poses for a longer period of time to access the deeper connective tissues of the body.				
 <b>ZUMBA</b> FITNESS	Ditch the workout...Join the Party! Dance to Latin inspired music, with great people, and burn a ton of calories while having a blast!		