

Effective July 2 nd , 2018						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TABATA 6:15 - 6:40am DAVID DI						
	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		
ZUMBA 9:15 - 10:00am JULIA DI	FIT BODIES 9:15am-10:00am IOANA DI	CYCLE 9:15 - 10:00am MAUREEN T	FIT BODIES 9:15 - 10:00am VARIES (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 10:15 - 11:15am DANIELA DI	PILATES 10:15 - 11:00am ANITA DI		ZUMBA 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		NEW EQUIPMENT ARRIVING - 4 NEW PRECOR TREADMILLS - 4 NEW MANUAL AIR ASSUALT TREADMILLS - MORE AND HEAVIER KETTLBELLS - NEW DEADLIFTING PLATFORM HOLIDAY ALERT Please be advised there will not be <u>Aquafit</u> Classes on July 2 nd HOURS OF OPERATION Effective July 2 nd 2018 Mon – Thurs 6:00am – 10:00pm Fri 6:00am – 8:00pm Sat – Sun 7:30am – 4:00pm	
KETTLEBELL 7:00 - 7:45pm HELEN T	ZUMBA 7:00pm-7:45pm AURORA DI	Kelani DANCE 7:00 - 7:45pm IOANA (GYM) DI	ZUMBA 7:00 - 7:45pm TARA/JULIA (GYM) DI	STRONG 6:30 - 7:30pm DANIELA D		
	YOGA 7:00pm-8:00pm SUE (MPR) DI		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			
AQUAFITNESS						
8:15 – 9:00 am HEATHER T	8:00 – 8:45 am KAREN T	8:15 – 9:00 am DONNA T	8:00 – 8:45 am KAREN T	8:15 – 9:00 am DONNA T	8:00 – 8:45 am PENNY T	
8:00 – 8:45 pm JANINE T		8:00 – 8:45 pm JANINE T				

CHILD MINDING SERVICES

**90 minute maximum/ 6 yrs & under

Effective July 2nd- Aug 31st

Mon – Fri 9:00am-12:00pm

Member: \$30.00/ 25 pass OR \$3.75/ visit

Non-member: \$4.25/ visit

Please see the Customer Service Desk for more information.



– 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
 Barre	Barre will mix elements of Pilates, dance, yoga and functional training, and the moves are choreographed to motivating music.				
BOOTCAMP	This is the perfect workout where both your instructors and fellow participants motivate and challenge you to reach your highest potential.				
CYCLE	This cycling class that includes aerobic and anaerobic interval training. Rides will be sure to incorporate resistance and speed training				
CYCLE CIRCUIT	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.				
CIRCUIT	Spice up your workouts with this CIRCUIT class. Experience variety, and intensity in this heart pumping, calorie burning class.				
FIT BODIES	This medium/low intensity class is specifically designed for the ageing population. It focuses on joint stability, strength, balance, flexibility, coordination, agility and mobility.				
 Kelani [®]	This is a Polynesian Dance inspired, hip shakin', body lovin', chakra rockin' class with an island twist. **No previous dance experience required!				
KETTLEBELL	A fun way to build functional strength, increase flexibility and improve coordination. A challenging workout, guaranteed to make you sweat.				
MET CON	This Metabolic Conditioning class is a fast paced, high intensity workout that will challenge your cardiovascular capacity, put your metabolism into overdrive and rapidly burn fat!				
MMA CIRCUIT	Mixed Martial Arts is one of the fastest growing sports today! This circuit style class teaches a combination of MMA movements.				
PILATES	This body conditioning routine will help build flexibility, strength and endurance and improve balance and coordination.				
PUMP	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.				
STRETCH	No pretzels, no warrior poses, & no downward dogs! Just come in and stretch. Your body will thank you for it!				
 STRONG BY ZUMBA	Combines HIIT with synced music motivation. This is not dancing; it's musically synced body weight movements at fast paced rhythms!				
TABATA	6 exercises with 3 minutes of intervals! 20 seconds of work followed by 10 seconds of rest. Get in, Get out, Goodnight!				
W.O.D	The science based Workout Of the Day workouts can last anywhere from 10 -20 mins, but sweat is guaranteed! This class may be the challenge you're looking for.				
YOGA	Restore balance to the body. This class incorporates breathing, postures and relaxation techniques. All levels welcome				
YIN YOGA	This diverse style of yoga holds poses for a longer period of time to access the deeper connective tissues of the body.				
 ZUMBA 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!		