



## Group Exercise Class Schedule Fall 2018: September 10-October 26

Monday		Tuesday		Wednesday		Thursday		Friday	
Multi-Purpose Studio	Cycle Studio	Multi-Purpose Studio	Cycle Studio	Multi-Purpose Studio	Cycle Studio	Multi-Purpose Studio	Cycle Studio	Multi-Purpose Studio	Cycle Studio
					Cycle 6:30-7:15am Nicole				
		Zumba 11:15-12:00pm Veronica M		Ballet Barre Works 11:30-12:30pm Billie		Vinyasa Flow Yoga 11:30-12:30pm Logan			
Ballet Barre Works 12:30-1:30pm Heather		Body Blast 12:30-1:15pm Alison						TRX & Cycle 12:15-1:00pm Alison	
		Yoga Foundations 4:30-5:30pm Veronica T							

**Important Dates:**  
 Registration begins August 20  
**DEMO WEEK SEPT 4-7**  
 Classes start September 10  
 Classes end October 26

**Drop In Coupons**  
 Coupons are available for purchase at the Fitness Centre desk  
 6 Coupons = \$50.00 (+GST)  
 Please note that Yoga, Kickboxing and Ballet Barre Works require 2 coupons (2C)

Yoga participants are encouraged to purchase and bring their own yoga mat. No mats will be provided.