



Group Exercise Class Schedule Spring-Summer 2019: April 29-June 21

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				
	Cycle 11:30-12:15pm Curtiss			Ballet Barre Works 11:30-12:30pm Billie 2c		Vinyasa Flow Yoga 11:30-12:30pm Lauren 2c		Zumba 11:15-12:00pm Liliana	
Ballet Barre Works 12:30-1:30pm Heather 2c		Body Blast 12:30-1:15pm Alison		Pound 12:45-1:30pm Marjorie		TRX & Cycle 12:30-1:15pm Alison		Yin Yoga 1:05-2:05pm AJ 2c	
		Yoga Foundations 4:30-5:30pm AJ 2c							

Important Dates:

Registration begins April 15

Classes start April 29

Classes end June 21

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.