



Winter 2017 Fitness Schedule Begins January 8, 2017

Are you unsure about which class is right for you? We've made it easy!
All classes are marked with a number to indicate the level of intensity.
Check out the legend on the back of this page, to find the class that best matches you!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Wake up Workout (2) 6:45-7:30 (fitness centre)	 ZUMBA 6:45-7:30 (2) (fitness centre)	Wake up Workout (2) 6:45-7:30 (fitness centre)	Wake up Workout (2) 6:45-7:30 (fitness centre)	Wake up Workout (2) 6:45-7:30 (fitness centre)	
Body Blast (2) 8:30-9:15 (fitness centre)	Core&More (3) 8:45-9:15 (fitness centre)	Yoga (2) 9:30-10:30 (studio)	H.I.I.T. (3) 8:45-9:15 (fitness centre)	Heart&Sole* (1) 9:30-10:30 (auditorium)	Bone Builders* (1) (Beginner) 9:30-10:30 (auditorium)	 ZUMBA 8:30-9:30 (2) (auditorium)
Pilates Mat (2) 9:30-10:30 (studio)	Heart Smart* (1) 9:30-10:30 (auditorium)	Core&Balance Conditioning* (2) 9:30-10:30 (gym)	Heart&Bones* (1) 9:30-10:30 (auditorium)		Cycle (2) 9:30-10:15 (fitness centre)	Warrior Workout (3) 10:00-11:00 (fitness centre)
	Baby Bootcamp 10:30-11:30 (gym)	FC Circuit (1) 10:45-11:45 (fitness centre)	W.I.S.P.* (1) 10:45-11:45 (gym)	FC Circuit (1) 10:45-11:45 (fitness centre)	Baby Bootcamp 10:30-11:30 (gym)	Run Club (3) Returns mid-February
	Bone Builder* (1) (intermediate) 10:45-11:45 (auditorium)	Cycle (3) 12:15-12:45 (fitness centre)	Core and More (3) 12:15-12:45 (gym)	Bench Strength (2) 12:15-12:45 (gym)	Limber Up* (1) 10:45-11:45 (auditorium)	
	Bone Builder* (beginner) (1) 12:00-1:00 (auditorium)	Core&More (3) 1:00-1:30 (fitness centre) (Power Yoga returns mid-Feb)	 ZUMBA Zumba Step (2) 5:30-6:15 (gym)	 Strong by Zumba (3) 5:30-6:30 (gym)	Bone Builders* (1) (intermediate) 11:45-12:45 (auditorium)	
	H.I.I.T. (3) 12:15-12:45 (gym)	Run Club (3) Returns mid-February	Pilates Mat (2) 5:30-6:30 (studio)	Muscles & More (2) 6:30-7:15 (fitness centre)	Body Blast (3) 12:15-12:45 (gym)	
	Bootcamp (3) 5:30-6:15 (fitness centre)	Beginner Barre (2) 6:00-6:45 (studio)	Tabata (3) 7:00-7:30 (fitness centre)	Yoga (2) 6:30-7:30 (studio)	Yoga (2) 1:00-1:40 (studio)	
	Yoga (2) 6:30-7:30 (studio)	Bones Plus (1) 6:00-7:00 (fitness centre)			Advanced Barre (3) 5:30-6:30 (studio)	





Legend

1	Low-moderate intensity classes; appropriate for Health Pass members
2	Moderate-high intensity classes
3	High intensity classes
*	Classes for women and men
W.I.S.P.	Walking Indoors for Strength and Posture (with Nordic Poles)
H.I.I.T.	High Intensity Interval Training

Personal training also available, with consideration for your schedule! Individual sessions and partner sessions are available. Contact Deanna at (905) 522-9922 ext. 148, or in the fitness centre for more information!

Our 2017 Member Appreciation series promises to bring many great extras! From Ask a Trainer Nights, to the 2nd Annual Zumbathon, to workout incentive programs! Watch the "Member Matters" board in the fitness centre for upcoming events!

