



Spring 2017 Fitness Schedule Begins April 2, 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 the legend on the back of this page, to find the class that best matches you today!

Registered Program details are also outlined on back of this page.

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)	Nordic Pole Walking (1) 8am-9am (offsite, see staff for details)	Bone Builder* (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)	Heart&Sole* (1) 9:30-10:30 (auditorium)	Cycle (2) 9:30-10:15 (fitness centre)	Triathlon Club RUN/BIKE (3) 9:00-10:00 (offsite, see staff for details) (registered program)
	Baby Bootcamp 10:30-11:30 (gym) (registered program)	FC Circuit (1) 10:45-11:45 (fitness centre)	Nordic Pole Walking (1) 9:30-10:30 (offsite, see staff for details)	FC Circuit (1) 10:45-11:45 (fitness centre)	Baby Bootcamp 10:30-11:30 (gym) (registered program)	Warrior Workout (3) 10:00-11:00 (fitness centre)
	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, Bands & Balls (2) 12:15-12:45 (gym)	Limber Up* (1) 10:45-11:30 (auditorium)	
	Bone Builder* (beginner) (1) 12:00-1:00 (auditorium)	Power Yoga (3) 1:00-1:30 (fitness centre)		Woman Alive! (2) 1:00-2:00 (gym) (registered program)	Bone Builder* (1) (intermediate) 11:45-12:45 (auditorium)	
	H.I.I.T. (3) 12:15-12:45 (gym)			Triathlon Club RUN (3) 5:00-6:00 (offsite, see staff for details) (registered program)	Body Blast (3) 12:15-12:45 (gym)	
		Triathlon Club SWIM (3) 5:00-6:00 (pool) (registered program)	 ZUMBA Zumba Step (2) 5:30-6:15 (gym)	 Strong by Zumba (3) 5:30-6:30 (gym)	Yoga (2) 1:00-1:40 (studio)	
	Bootcamp (3) 5:30-6:15 (fitness centre)	Beginner Barre (2) 6:00-6:45 (studio)	Pilates Mat (2) 5:30-6:30 (studio)	Muscles & More (2) 6:30-7:15 (fitness centre)	Advanced Barre (3) 5:30-6:30 (studio)	
	Yoga (2) 6:30-7:30 (studio)	Bones Plus (1) 6:00-7:00 (fitness centre)	Tabata (3) 7:00-7:30 (fitness centre)	Yoga (2) 6:30-7:30 (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
H.I.I.T.	High Intensity Interval Training

Registered Programs

Program Name	Registration/Start Date	Fee Schedule
Baby Bootcamp	<u>Registration:</u> Monday, April 10; 10:30am-12pm <u>Starts:</u> Week of April 17 th	\$30 for 10 week program, 50% off for Fitpass members.
Woman Alive!	<u>Registration:</u> Thurs. April 13; 1pm-3pm <u>Starts:</u> Week of April 17 th	\$30 for 10 week program, FREE for Fitpass members.
Triathlon Club	<u>Registration:</u> Thurs. April 13; 5pm-6pm <u>Starts:</u> Week of April 17 th	\$100 for April-August program; FREE for Fitpass members.

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!

