



Summer 2017 Fitness Schedule July 2-August 31, 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)	Heart Smart* (1) 9:30-10:30 (auditorium)	Core&Balance Conditioning* (2) 9:00-10:00 (auditorium)	Nordic Pole Walking* (1) 8:30-9:30 (offsite, see staff for details)	Nordic Pole Walking* (1) 8:00-9:00 (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)		Yoga (2) 9:30-10:30 (studio)	Heart&Bones* (1) 9:30-10:30 (auditorium)	Heart&Sole* (1) 9:30-10:30 (auditorium)	Cycle (2) 9:30-10:15 (fitness centre)	Warrior Workout (3) 10:00-11:00 (fitness centre)
	Bone Builder* (1) (intermediate) 10:45-11:45 (auditorium)	FC Circuit (1) 10:45-11:45 (fitness centre)	Baby Bootcamp 10:00-11:00 (offsite, see staff for details) (registered program)	FC Circuit (1) 10:45-11:45 (fitness centre)	Limber Up* (1) 10:45-11:30 (auditorium)	
	Bone Builder* (beginner) (1) 12:00-1:00 (auditorium)	Cycle (3) 12:15-12:45 (fitness centre)	Tabata (3) 12:15-12:45 (fitness centre)		Bone Builder* (1) (intermediate) 11:45-12:45 (auditorium)	
	H.I.I.T. (3) 12:15-12:45 (fitness centre)	Power Yoga (3) 1:00-1:30 (fitness centre)			Body Blast (3) 12:15-12:45 (fitness centre)	
				Triathlon Club RUN* (3) 5:00-6:00 (offsite, see staff for details) (registered program)	Yoga (2) 1:00-1:40 (studio)	
	Bootcamp (3) 5:30-6:15 (fitness centre)	Triathlon Club SWIM* (3) See back for weekly times (pool) (registered program)	 ZUMBA Zumba Step (2) 5:30-6:15 (fitness centre)	 Strong by Zumba (3) 5:30-6:30 (auditorium)	Barre (2) 5:30-6:30 (studio)	
	Yoga (2) 6:30-7:30 (studio)	Bones Plus (1) 6:00-7:00 (fitness centre)	Pilates Mat (2) 5:30-6:30 (studio)	Muscles & More (2) 6:30-7:15 (fitness centre)		





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>Starts:</u> Wednesday, July 5 th	\$30 for 8 week program, 50% off for Fitpass members.
Triathlon Club	<u>Registration:</u> Closed in Spring. Please see staff for more information about how you can get involved with this great program!	Class times: July 4 th = 5pm-6pm July 11-Aug 15 = 4pm-5pm Aug 22-Aug 29 = 5pm-6pm

Nordic Pole Walking Locations

Program Day/Time	Location
Wednesday, 9:30am	William Coffee Pub parking lot, Discovery Drive
Thursday, 8:00am	Montgomery Park, Queenston Traffic Circle

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!

