



Fall 2017 Fitness Schedule September 3–November 25, 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) 9:30–10:30 (gym)	Nordic Pole Walking* (1) 9:30–10:30 (offsite, see staff for details)	Heart&Sole* (1) 9:30–10:30 (auditorium)	Bone Builder* (1) (Beginner) 9:30–10:30 (auditorium)	 ZUMBA 8:30–9:30 (2) (auditorium)
Pilates Mat (2) 9:30–10:30 (studio)	Baby Bootcamp 10:30–11:30 (gym) (registered program)	Yoga (2) 9:30–10:30 (studio)	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)
	Bone Builder* (1) (intermediate) 10:45–11:45 (auditorium) (Starts Sept 18)	FC Circuit (1) 10:45–11:45 (fitness centre)		FC Circuit (1) 10:45–11:45 (fitness centre)	Baby Bootcamp 10:30–11:30 (gym) (registered program)	
	Bone Builder* (beginner) (1) 12:00–1:00 (auditorium) (Starts Sept 18)	Cycle (3) 12:15–12:45 (fitness centre)	Tabata (3) 12:15–12:45 (gym)	Mix It Up (Woman Alive!) 12:15–12:45 (registered program) (gym)	Limber Up* (1) 10:45–11:30 (auditorium) (Starts Sept 22)	
	H.I.I.T. (3) 12:15–12:45 (gym)	Power Yoga (3) 1:00–1:30 (fitness centre)			Bone Builder* (1) (intermediate) 11:45–12:45 (auditorium) (Starts Sept 22)	
		5K Run Club* (3) 5:00–6:00 (offsite, see staff for details) (registered program)	 ZUMBA Zumba Step (2) 5:30–6:15 (fitness centre)		Body Blast (3) 12:15–12:45 (gym)	
	Yoga (2) 6:30–7:30 (studio)	Beginner Barre (2) 6:00–6:45 (studio)	Pilates Mat (2) 5:30–6:30 (studio)	 Strong by Zumba (3) 5:30–6:30 (auditorium)	Yoga (2) 1:00–1:40 (studio)	
	Bootcamp (3) 7:30–8:15 (fitness centre)	Bones Plus (1) 6:00–7:00 (fitness centre)	Tabata (3) 7:15–7:45 (fitness centre)	Muscles & More (2) 6:30–7:15 (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
H.I.I.T.	High Intensity Interval Training
Mix It Up (Woman Alive!)	A different class each week! Open to women registered in the Woman Alive program as well as fitpass members.

Registered Programs

Program Name	Registration/Start Date	Fee Schedule
Baby Bootcamp	<u>Starts:</u> Week of September 11	10 week program, \$30 for once a week, 50% off for Fitpass members.
5K Run Club	<u>Starts:</u> September 5 th	12 week program, \$60; FREE for fitpass members Goal Race: Road2Hope
Woman Alive!	<u>Starts:</u> September 7 th	10 week program, \$30; FREE for fitpass members

Nordic Pole Walking Locations

Program Day/Time	Location
Wednesday, 9:30am	William Coffee Pub parking lot, Discovery Drive

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!

