



Fall 2017 Interim Fitness Schedule November 25–December 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!

(*Please note: Holidays may affect classes/locations. Please watch member board announcement section for changes.)

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)	Heart&Bones* (1) 9:30–10:30 (auditorium)	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)		Yoga (2) 9:30–10:30 (studio)			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) (ends Dec 4)	FC Circuit (1) 10:45–11:45 (fitness centre)		FC Circuit (1) 10:45–11:45 (fitness centre)		
	Bone Builder* (beginner) (1) 12:00–1:00 (auditorium) (ends Dec 4)	Power Yoga (3) 1:00–1:30 (fitness centre)	Tabata (3) 12:15–12:45 (gym)		Body Blast (3) 12:15–12:45 (gym)	
	H.I.I.T. (3) 12:15–12:45 (gym)				Yoga (2) 1:00–1:40 (studio)	
		5K Run Club* (3) 5:00–6:00 (offsite, see staff for details) (ends Dec 12)	 ZUMBA Zumba Step (2) 5:30–6:15 (fitness centre)			
	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)		
	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

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!

