



Christmas 2017 Fitness Class Schedule December 24, 2017–January 6, 2018

Sunday 24 th	Monday 25 th	Tuesday 26 th	Wednesday 27 th	Thursday 28 th	Friday 29 th	Saturday 30 th
	Closed	Closed	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&Bones* (1) 9:30–10:30 (auditorium)	Heart&Sole* (1) 9:30–10:30 (auditorium)	Bone Builder* (1) 9:30–10:30 (auditorium)	 ZUMBA FITNESS 8:30–9:30 (2) (gym)
			Tabata (3) 12:15–12:45 (fitness centre)		Yoga (2) 1:00–1:40 (studio)	Warrior Workout (3) 10:00–11:00 (fitness centre)
			 ZUMBA FITNESS Zumba Step (2) 5:30–6:15 (fitness centre)	 STRONG Strong by Zumba (3) 5:30–6:30 (auditorium)	Advanced Barre (3) 5:30–6:30 (studio)	
			Tabata (3) 7:15–7:45 (fitness centre)	Muscles & More (2) 6:30–7:15 (fitness centre)		
Sunday 31 st	Monday 1 st	Tuesday 2 nd	Wednesday 3 rd	Thursday 4 th	Friday 5 th	Saturday 6 th
	Closed	 ZUMBA FITNESS 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&Balance Conditioning* (2) 9:30–10:30 (auditorium)	Heart&Bones* (1) 9:30–10:30 (auditorium)		Bone Builder* (1) 9:30–10:30 (auditorium)	 ZUMBA FITNESS 8:30–9:30 (2) (gym)
		Yoga (2) 9:30–10:30 (studio)	Tabata (3) 12:15–12:45 (fitness centre)	FC Circuit (1) 10:45–11:45 (fitness centre)	Body Blast (3) 12:15–12:45 (fitness centre)	Warrior Workout (3) 10:00–11:00 (fitness centre)
		FC Circuit (1) 10:45–11:45 (fitness centre)	 ZUMBA FITNESS Zumba Step (2) 5:30–6:15 (fitness centre)	 STRONG Strong by Zumba (3) 5:30–6:30 (auditorium)	Yoga (2) 1:00–1:40 (studio)	
		Power Yoga (3) 1:00–1:30 (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

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!

