



Winter 2018 Fitness Schedule March 3rd, 2018-March 17th, 2018

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)	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) (gym)
Pilates Mat (2) 9:30-10:30 (studio)	Baby Bootcamp 10:30-11:30 (gym) (registered program)	Yoga (2) 9:30-10:30 (studio)			Cycle (2) 9:30-10:15 (fitness centre)	Bootcamp (3) 10:00-11:00 (fitness centre)
	Bone Builder* (2) (intermediate) 10:45-11:45 (auditorium) (Starts Jan 8)	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 Jan 8)	Power Yoga (3) 1:00-1:30 (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 Jan 12)	Fitness Centre Hours: Mon-Th 6am-9pm Fri 6am-8pm Sa 8am-4pm Su 8am-2pm
	H.I.I.T. (3) 12:15-12:45 (gym)				Bone Builder* (2) (intermediate) 11:45-12:45 (auditorium) (Starts Jan 12)	
	 Strong By Zumba (3) 5:30-6:30 (fitness centre)	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) (starts Jan 9 th)	Pilates Mat (2) 5:30-6:30 (studio) (starts Jan 10 th)	Muscles & More (2) 6:30-7:30 (fitness centre)	Yoga (2) 1:00-1:40 (studio)	
		Bones Plus (1) 6:00-7:00 (fitness centre)	Tabata (3) 6:45-7:15 (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 January 8 th , 2018	10 week program, \$30 for once a week, 50% off for Fitpass members.
Run Club	<u>Starts:</u> January 9 th , 2018	12 week program, \$60; FREE for fitpass members Goal Race: Around the Bay 5K or 30K (Race not mandatory)
Woman Alive!	<u>Starts:</u> Week of January 8 th , 2018	10 week program, \$30; 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!

