



## Spring 2018 Fitness Schedule April 8, 2018–June 16, 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
	<b>Wake up Workout (2)</b> 6:45–7:30 (fitness centre)	 <b>ZUMBA</b> 6:45–7:30 (2) (fitness centre)	<b>Wake up Workout (2)</b> 6:45–7:30 (fitness centre)	<b>Wake up Workout (2)</b> 6:45–7:30 (fitness centre)	<b>Wake up Workout (2)</b> 6:45–7:30 (fitness centre)	
<b>Body Blast (2)</b> 8:30–9:15 (fitness centre)	<b>Heart Smart* (1)</b> 9:30–10:30 (auditorium)	<b>Core&amp;Balance Conditioning* (2)</b> 9:30–10:30 (gym)	<b>Heart&amp;Bones* (1)</b> 9:30–10:30 (auditorium)	<b>Heart&amp;Sole* (1)</b> 9:30–10:30 (auditorium)	<b>Bone Builder* (1)</b> (Beginner) 9:30–10:30 (auditorium)	 <b>ZUMBA</b> 8:30–9:30 (2) (gym)
<b>Pilates Mat (2)</b> 9:30–10:30 (studio)	<b>Baby Bootcamp</b> 10:30–11:30 (gym) (registered program)	<b>Yoga (2)</b> 9:30–10:30 (studio)	<b>Nordic Pole Walking* (1)</b> 9:30–10:30 (offsite-see staff for details)		<b>Cycle (2)</b> 9:30–10:15 (fitness centre)	<b>Bootcamp (3)</b> 10:00–11:00 (fitness centre)
	<b>Bone Builder* (2)</b> (intermediate) 10:45–11:45 (auditorium)	<b>FC Circuit (1)</b> 10:45–11:45 (fitness centre)		<b>FC Circuit (1)</b> 10:45–11:45 (fitness centre)	<b>Limber Up* (1)</b> 10:45–11:30 (auditorium)	
	<b>Bone Builder* (beginner) (1)</b> 12:00–1:00 (auditorium)	<b>Power Yoga (3)</b> 1:00–1:30 (fitness centre)	<b>Cardio and Core (3)</b> 12:15–12:45 (gym)	<b>Mix It Up (Woman Alive!)</b> 12:15–12:45 (gym)	<b>Bone Builder* (2)</b> (intermediate) 11:45–12:45 (auditorium)	<b>Fitness Centre Hours:</b> Mon–Th 6am–9pm Fri 6am–8pm Sa 8am–4pm Su 8am–2pm
	<b>H.I.I.T. (3)</b> 12:15–12:45 (gym)				<b>Body Blast (3)</b> 12:15–12:45 (gym)	
	 <b>Strong By Zumba (3)</b> 5:30–6:30 (fitness centre)	<b>Triathlon Club Swim* (3)</b> 5:00–5:45 (POOL) (registered program) (starts May 1 <sup>st</sup> )	 <b>Zumba Step (2)</b> 5:30–6:15 (fitness centre)	<b>Triathlon Club Run* (3)</b> 5:00–6:00 (offsite-see staff for details) (registered program) (starts May 3 <sup>rd</sup> )	<b>Yoga (2)</b> 1:00–1:40 (studio)	
	<b>Yoga (2)</b> 6:30–7:30 (studio)	<b>Beginner Barre (2)</b> 6:00–6:45 (studio) (ends May 15 <sup>th</sup> )	<b>Pilates Mat (2)</b> 5:30–6:30 (studio)	<b>Muscles &amp; More (2)</b> 6:30–7:30 (fitness centre)	<b>Advanced Barre (3)</b> 5:30–6:30 (studio)	
		<b>Bones Plus (1)</b> 6:00–7:00 (fitness centre)	<b>Tabata (3)</b> 6:45–7:15 (fitness centre)			





## Legend

<b>1</b>	Low-moderate intensity classes; appropriate for Health Pass members
<b>2</b>	Moderate-high intensity classes
<b>3</b>	High intensity classes
<b>*</b>	Classes for women and men
<b>H.I.I.T.</b>	High Intensity Interval Training
<b>Mix It Up (Woman Alive!)</b>	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
<b>Baby Bootcamp</b>	<u>Starts:</u> Monday, April 9 <sup>th</sup> , 2018	10 week program, \$30 fee. 50% off for Fitpass members.
<b>Triathlon Club</b>	<u>Starts:</u> May 1 <sup>st</sup> , 2018	16 week program, \$100; FREE for fitpass members Goal Race: to be chosen by group. Race participation not mandatory
<b>Woman Alive!</b>	<u>Starts:</u> Week of April 9 <sup>th</sup> , 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!

