



Summer 2018 Fitness Schedule July 3, 2018–August 25, 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 (auditorium)	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)	Bone Builder* (2) (intermediate) 10:45–11:45 (auditorium)	Yoga (2) 9:30–10:30 (studio)	Nordic Pole Walking* (1) 8:30–9:30 (offsite–see staff for details)		Cycle (2) 9:30–10:15 (fitness centre)	Bootcamp (3) 10:00–11:00 (fitness centre)
		FC Circuit (1) 10:45–11:45 (fitness centre)	Baby Bootcamp* 9:45–10:45 (registered program) (offsite–see staff for details)	FC Circuit (1) 10:45–11:45 (fitness centre)	Limber Up* (1) 10:45–11:30 (auditorium)	
	H.I.I.T. (3) 12:15–12:45 (fitness centre)	Power Yoga (3) 1:00–1:30 (fitness centre)	Cardio and Core (3) 12:15–12:45 (Fitness Centre)	Mix It Up (Woman Alive!) 12:15–12:45 (fitness centre)	Bone Builder* (2) (intermediate) 11:45–12:45 (auditorium)	Fitness Centre Hours: Mon–Th 6am–9pm Fri 6am–8pm Sa 8am–4pm Su 8am–2pm
			Empowered to Move 1:30–3:00 (registered program) (fitness centre)	Laughter Boosting Yoga 1:30–2:15 (studio)	Body Blast (3) 12:15–12:45 (fitness centre)	
	 Strong By Zumba (3) 5:30–6:30 (fitness centre)	Triathlon Club Swim* (3) 5:00–5:45 (POOL) (registered program) (ends August 14)	 Zumba Step (2) 5:30–6:15 (fitness centre)	Triathlon Club Run* (3) 5:00–6:00 (offsite–see staff for details) (registered program) (ends August 16)	Yoga (2) 1:00–1:40 (studio)	
	Yoga (2) 6:30–7:30 (studio)	Bones Plus (1) 6:00–7:00 (fitness centre)	Pilates Mat (2) 5:30–6:30 (studio)	Muscles & More (2) 6:30–7:30 (fitness centre)	Barre (2) 5:30–6:30 (studio)	
			Tabata (3) 6:45–7:15 (fitness centre)			





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.
Empowered to Move	Empowered to Move is a fitness and wellness program for young women, ages 13-17. Participants will try a different class each week, as well as participate in a health information session.

Registered Programs

Program Name	Registration/Start Date	Fee Schedule
Baby Bootcamp	<u>Starts:</u> Wednesday, July 4 th , 2018. Offsite-see staff for details.	8 week program, \$30 fee. 50% off for Fitpass members.
Triathlon Club	Ongoing program May-August, ending August 16. Please see Deanna or Kim for more details regarding how you can join!	16 week program, \$100; FREE for fitpass members Goal Race: to be chosen by group. Race participation not mandatory
Woman Alive!	<u>Starts:</u> Thursday, July 5, 2018	8 week program, \$30; FREE for fitpass members
Empowered to Move	<u>Starts:</u> Wednesday, July 4, 2018	8 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!

