



Summer to Fall Interim Fitness Schedule August 26, 2018–September 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!

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-August 28) (Gym-Sept 4 and 11)	Heart&Bones* (1) 9:30–10:30 (Auditorium August 29) (Gym-Sept 5 and 12)	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) (*last class August 27)	Yoga (2) 9:30–10:30 (studio)				Bootcamp (3) 10:00–11:00 (fitness centre)
		FC Circuit (1) 10:45–11:45 (fitness centre)		FC Circuit (1) 10:45–11:45 (fitness centre)		
	August 27: H.I.I.T. (3) 12:15–12:45 (fitness centre) Sept. 10: Strength and Core (3) 12:15–12:45 (gym)	Power Yoga (3) 1:00–1:30 (fitness centre) (NO class Aug 28)	Cardio and Core (3) 12:15–12:45 (Auditorium August 29) (Gym-Sept 5 and 12)	Mix It Up (Woman Alive!) 12:15–12:45 (fitness centre)	Body Blast (3) 12:15–12:45 (fitness centre)	Fitness Centre Hours: Mon–Th 6am–9pm Fri 6am–8pm Sa 8am–4pm Su 8am–2pm
			 ZUMBA Zumba Step (2) 5:30–6:15 (fitness centre)	August 30: Muscles & More (2) 6:30–7:30 (fitness centre)	Yoga (2) 1:00–1:40 (studio)	
	 Strong By Zumba (3) 5:30–6:30 (fitness centre)	Bones Plus (1) 6:00–7:00 (fitness centre)	Pilates Mat (2) 5:30–6:30 (studio)	Sept. 6 & 13: Strength and Core (3) 6:30–7:30 (fitness centre)	Barre (2) 5:30–6:30 (studio)	
	Yoga (2) 6:30–7:30 (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.

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!

