




Fall 2018 Fitness Schedule

September 17, 2018–November 24, 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) (auditorium)
Pilates Mat (2) 9:30–10:30 (studio)	Baby Bootcamp 10:30–11:30 (gym) (registered program) (starts Sept 24)	Yoga (2) 9:30–10:30 (studio)	Nordic Pole Walking* (1) 9:30–10:30 (offsite–see staff for details)		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)	FC Circuit (1) 10:45–11:45 (fitness centre)		FC Circuit (1) 10:45–11:45 (fitness centre)	Limber Up* (1) 10:45–11:30 (auditorium)	
	Bone Builder* (1) (Beginner) 12:00–1:00 (auditorium)	Power Yoga (3) 1:00–1:30 (fitness centre)	Cardio Dance (3) 12:15–12:45 (gym)	Mix It Up (Woman Alive!) 12:15–12:45 (gym)	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
	NEW! Strength and Core (3) 12:15–12:45 (gym)			Laughter Boosting Yoga 1:30–2:15 (studio)	Body Blast (3) 12:15–12:45 (gym)	
	NEW! Bolly X (3) 5:30–6:30 (auditorium)	Run Club (3) 5:00–6:00 (registered program) (offsite–see staff for details) (starts Sept 11)	 ZUMBA Zumba Step (2) 5:30–6:15 (fitness centre)		Yoga (2) 1:00–1:40 (studio)	
	Yoga (2) 6:30–7:30 (studio)	Beginner Barre (2) 6:00–6:45 (studio)	Pilates Mat (2) 5:30–6:30 (studio)	NEW! Strength and Core (3) 6:30–7:30 (fitness centre)	Advanced Barre (3) 5:30–6:30 (studio)	
		Bones Plus (1) 6:00–7:00 (fitness centre)	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
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> Monday, Sept 24, 2018.	10 week program, \$30 fee. 50% off for Fitpass members.
Run Club	<u>Starts:</u> September 11, 2018. Please see Deanna or Kim for more details regarding how you can join!	12 week program, \$60; FREE for fitpass members
Woman Alive!	<u>Starts:</u> Thursday, Sept. 20, 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!

