

Program Schedule



Sept 11-17 2017

Monday				Tuesday				Wednesday				Thursday			
Com. Rm.	Studio A	Studio B	Studio C	Com. Rm.	Studio A	Studio B	Studio C	Com. Rm.	Studio A	Studio B	Studio C	Com. Rm.	Studio A	Studio B	Studio C
Total Body HIIT 6:05-7:05 Bobi			Spin 6:15-7:15 Calvin	Field Hockey Rental* 8-9:20 Sept-Oct				Whockey Rental* 7:30-8:30 Sept-Feb			NEW Spin 6:15-7:15 Hannah	Tryit Total Body HIIT 6:05-7:05 Bobi			
Classic Cardio 9:30-10:30 Zena	Pilates Mat Int* 9:30-10:25 St. today	NEW Yoga Ref* 10-10:55 St. today		Body Sculpt 9:30-10:30 Zena	Pilates Mat Int/Adv* 9-9:55 St. today	Pilates Eq. Ess* 9:30-10:25 St. today		Cardio Core 9:30-10:30 Zena	Core Str* 9-9:55 Ocean St. today	Pilates Eq. Int* 9-9:55 St. today		Maintenance 8-4	Yoga Flow* 9:30-10:25 Sonja St. today	Pilates Eq. Int* 9-9:55 St. today	Spin Core* 9:30-10:30 Leanna St. today
Rental 10:30 - 11	Pilates Mat Int/Adv* 10:30-11:25 St. today			Rental 10:30 - 11	Pilates Mat Ess Senior* 10:30-11:25 St. today			Rental 10:30 - 11	Yoga Flow* 10:05-11 Stefanie St. today	Intro Mat/Ref* 10:05-11 St. today			Pilates Mat Ess* 10:30-11:25 St. today		
Body Sculpt 12:05-12:55 Zena				Tabata PT* 12:30-1:15 Sonja St. today		Pilates Eq. Int* 12:30-1:25 St. today	NEW Spin 12:10-12:50 Hannah	NEW Body Sculpt 12:05-12:55 Leanna					Body Works 12:05-12:40 Sonja	Pilates Eq. Ess* 12-12:55 St. today	Spin 12:10-12:50 Leanna
Bodyfit by Sonja* 5:05-5:55 St. today	Drop in Yoga 5:05-5:55 Sue	Pilates Eq. Int* 5:30-6:25 St. today	Spin 5:15-6 Ocean	Drop in Basketball 4:30-5:55	Classic Cardio 5:30-6:30 Adele	Pilates Eq. Ess* 5:30-6:25 St. today	NEW Spin 5:15-6 Gilles	Bodyfit by Sonja* 5:05-5:55 St. today	Yoga Flow* 5-5:55 Stefanie W. St. today	Pilates Eq. Int* 5:30-6:25 St. today	Spin 5:15-6 Ocean	Drop in Yoga 5:05-6 Sonja	Student Barre*NEW 5:30-6:25 St. today	Pilates Eq. Int* 5-5:55 St. today	Spin 5:15-6 Tammy
Heart for Life* 6-7:30 Sonja	Zumba 6:30-7:30 Tina		NEW Spin 6:05-6:50 Tammy	Karate Club* 6-8 St Sept 12	NEW Strong by Zumba 6:45-7:45 Tina			Heart for Life* 6-7:30 Sonja	Body Sculpt^ 6:05-6:55 Marie			Karate Club* 6-8	Pilates Eq. Ess* 6-6:55 NEW St. today		
Cheer Club* 8-10:30	Dance Club* 8-10							Cheer Club* 8-10:30							

Friday				Saturday				Sunday				DROP-IN CLASS DESCRIPTIONS
Com. Rm.	St. A	St. B	St. C	Com. Rm.	St. A	St. B	St. C	Com. Rm.	St. A	St. B	St. C	
			Spin 6:15-7:15 Bill				Spin 8:30-9:30 Doug					Total Body HIIT: An action packed fitness class filled with High Intensity Interval Training designed to challenge your body, burn fat and build lean muscle. Great way to start the day!
Body Sculpt 9:30-10:30 Zena		Yoga Ref* 10-10:55 Ocean St. today		Pilates Mat Int* 9-9:55 St. today	Zumba 10-10:55 Tina	Pilates Eq. Ess* 10-10:55 St. today		Classic Cardio 10-11 Zena				Cardio Core: Low impact aerobics with lots of core work for your abs and back.
Rental 10:30 - 11				Adult Ballet* 11:15-12:15 St. today								Classic Cardio: Back to the basics with all the fun and fabulous music and moves that you love.
More Core 12:05-12:55 Rick				Rental 1-5 September								More Core: A focus on core strengthening for an energy packed workout that will leave you feeling fit and functional.
	Drop in Yoga 4-4:50 Sonja			<p>Please note that our Registered Programs start this week.</p> <p>All classes in cream colour with an * require registration.</p> <p>Attendance will be taken.</p> <p>All other classes are "drop in"</p>					Drop in Yoga 4-4:55 Stefanie B.			Drop in Yoga or Drop in Yogalates: Introductory Yoga (and Pilates) class. Good for those who want flexibility and relaxation.
Classic Cardio 5:30-6:30 Taya			Squash Club night 6:15-8:30pm									
	Dance Club* 8-10											Strong by Zumba: Latin-inspired strength class with easy to follow moves.
												Zumba/Zumfit: Fun, effective, easy to follow, Latin-inspired, calorie burning dance fitness party!
												Body Works/Strength Circuit: Fun filled 35 minute class challenging cardiovascular system, strength and flexibility.
												Spin: If you are new to spin, please arrive early to be sized for your bike. Spin classes do not require bike reservation. Arrive early to secure your bike. See brochure for more details on registered classes.
Com. Rm.=Community Room St. A=Studio A St. B=Studio B St. C=Studio C	Schedule Subject to Change- See front desk for up to date schedule *requires registration and may have an additional class fee ^indicates Women's only classes											

