

# SMUfit Group Fitness

## Summer (July) 2022

Monday			Tuesday			Wednesday			Thursday		
Studio A	Studio B	Studio C	Studio A	Studio B	Studio C	Studio A	Studio B	Studio C	Studio A	Studio B	Studio C
		Total Body HIIT 6:15-7:00 Bobi						Spin 6:15-7:00 Donna			Strong 45 6:15-7:00 Bobi
	Gentle Fitness 9:30-10:15 Zena		Pilates Refor Beginner* 9:30-10:30 Ocean		Body Sculpt 9:30-10:15 Zena			Gentle Fitness 9:30-10:15 Zena	Pilates Beginner* 10:00-11:00 Ocean		
						Pilates 4 Seniors* 10:30-11:30 Ocean					
Yoga 12:15-1:00 Sonja		30min HIIT 12:15-12:45 Mikaela			Bootcamp 12:00-1:00 Rick			Body Sculpt 12:05-12:50 Zena		Pilates Refor Beginner* 11:30-12:30 Ocean	
								Spin 5:15-6:00 Stephanie			Spin 5:00-5:45 Elana
	Spin 5:15-6 Stephanie								Yoga 4 Stretch and Relax 6:00-7:00 Maria		
		Zumba 7-8pm Leticia			Yoga 7-8pm Anne			Zumba Toning 6:30-7:15 Tina			Strong 45 6:30-7:15 Tina
											Zumba 7:30-8:30 Tina

Friday			Saturday			Sunday			Registration Info
Studio A	Studio B	Studio C	Studio A	Studio B	Studio C	Studio A	Studio B	Studio C	
									<p>To register for drop-in classes go to <a href="http://athletics.smu.ca">athletics.smu.ca</a> and Login then click on Drop-In Group Fitness to find the classes you want to register for.</p> <p>Drop-In Classes are available to book 72hrs prior to the class start time.</p> <p>When you arrive let the front desk know that you are checking in for your class.</p>
			Pilates Refor Inter* 9:00-10:00 Ocean		Body Sculpt 9:30-10:15 Zena				
						Yoga 10:30-11:30 Anne		Heart & Muscle 10:30-11:30 Zena	
Yoga 1-2pm Jeannie									
			This color indicates Register classes. These classes run for 8 weeks and require registration through the front desk.						
			This color indicates drop in classes - these classes are FREE to all Members. To reserve your spot go to: <a href="http://athletics.smu.ca">athletics.smu.ca</a>						

Schedule Subject to Change

See [athletics.smu.ca](http://athletics.smu.ca) for up to date schedule

\*requires registration and may have an additional class fee

[www.smufit.ca](http://www.smufit.ca)

902-420-5555