



# Group Fitness

# Winter (Mar - Apr) 2023

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 Anne			Spin 6:15-7:00 Donna			Strong 45 6:15-7:00 Bobi
Pilates Mat Inter 9:15-10:15 Jackie		Gentle Fitness 9:30-10:15 Zena		Pilates Reformer Beginner 9:30-10:30 Ocean	Body Sculpt 9:30-10:15 Zena		Pilates Refor Inter 9:15-10:15 Jackie	Gentle Fitness 9:30-10:15 Zena		Pilates Reformer Intermediate 9:15-10:15 Jackie	
Pilates 4 Seniors 10:30-11:30 Jackie									Pilates Stretch 10:00-11:00 Ocean		
Yoga 12:15-1:00 Sonja					Bootcamp 12:15-1:00 Rick	Yoga 12:15-1:00 Sarah			Yoga 12:15-1 Sarah		Total Body HIIT 12:15-1 Mikaela
		Spin 5:15-6:00 Stephanie			Spin Express 5:45-6:15 Anne			Strength & Conditioning 5-5:45 Thomas			
Yoga Flow 6-7 Sarah					Zumba 6:30-7:15 Leticia			Heart & Muscle 6:30-7:15 Zena			Strong 45 6:30-7:15 Tina
		Zumba 7-8 Leticia	Yoga 7-8 Anne					Zumba 7:30-8:30 Tina			Zumba + Zumba Toning 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	
	Pilates Reformer Intermediate 9:00-10:00 Ocean	Body Sculpt 9:30-10:15 Zena	Yoga Flow 9-10 Sarah					Heart & Muscle 9:30-10:30 Zena	<p>Drop-In Class registration opens 72 hours prior to the class start time.</p> <p>To register, go to <a href="http://athletics.smu.ca">athletics.smu.ca</a> and Login. Then click 'Drop-In Group Fitness' to find the classes you want to register for.</p> <p>When you arrive let the front desk know that you are checking in for your class.</p>
		Spin & Pump 12:15-1:00 Sonja				Yoga 10:30-11:30 Anne			
Yoga 1:05-1:50 Sonja									
Yoga 5-6 Sarah		Zumba 6-6:45 Melissa							
			<p>This color indicates Registered classes. These classes run for 12 weeks and require registration through the front desk.</p> <p>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></p>						
<p>Schedule Subject to Change See <a href="http://athletics.smu.ca">athletics.smu.ca</a> for up to date schedule</p>									