



Group Fitness Schedule

Effective November 1, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	SPIN Melissa 6:15-7:00am		SPIN Melissa 6:00-6:45am	TBC Heather 5:45-6:45am (Gym)	
STRONG & STABLE Lesley 8:30-9:30am		STRONG & STABLE Lesley 8:30-9:30am		STRONG & STABLE Lesley 8:30-9:30am (Gym)	HIIT Kristle 8:30-9:30am
TBC Tina 9:15-10:15am (Gym)	ZUMBA Cindy 9:15-10:15am (Gym)	TBC - HIIT Tina 9:15-10:15am (Gym)	DANZIKA Jovanny 9:15-10:15am (Gym)	DANCE JAM Patti 9:15-10:15am	
			YOGA Michal 9:30-10:45am		ZUMBA Cindy 9:30-10:30am (Gym)
GENTLE YOGA Debi 10:30-11:30am	POP PILATES Adriane 10:30-11:30am	CHAIR YOGA Patti 10:30-11:30am		POWER PUMP Cindy 10:30-11:30am	YOGA Ursula 10:30-11:30am
	DANCE WITH PATTI Patti 11:45-12:45pm			DANCE WITH PATTI Patti 11:45-12:45pm	
	CHAIR YOGA Patti 12:45-1:45pm				
POWER PUMP Heather 5:30-6:30pm	ZUMBA Jovanny 5:30-6:30pm	PILATES Jovanny 5:30-6:30pm	HIIT Kristle 5:30-6:30pm		
			Private Rental (aerobics studio) 6:45-8:30pm	Class Descriptions ➔	