



AQUATIC CENTRE GROUP FITNESS SCHEDULE



FALL SCHEDULE 2019
September 16th - December 10th

Fitness Centre	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Hours:	7:00am-7:45am <u>BOOTCAMP</u>		7:00am-7:45am <u>BOOTCAMP</u>		7:00am-7:45am <u>BOOTCAMP</u>		
Monday - Friday 6:30am-10:00pm	<u>Small Group Training</u> Sara T.		<u>Small Group Training</u> Sara T.		<u>Small Group Training</u> Sara T.		
Saturday 9:00am - 9:00pm						10:00am-10:45am <u>AQUAFIT</u> Jess	
Sunday 10:00am - 8:00pm	12:15pm-12:45pm <u>ZUMBA</u> Catherine	12:15pm-12:45pm <u>VINYASA YOGA</u> Erika	12:15pm-12:45pm <u>ABS CIRCUIT</u> Nick	12:15pm-12:45pm <u>URBAN DANCE</u> Amba	12:15pm-12:45pm <u>SPIN</u> Jared	10:00am-11:00am <u>RIP</u> Sara T.	
Class Legend						12:00pm-1:00pm <u>TRANSFORMATION</u>	
Drop-in Classes <i>*included in all passes</i>						<u>CHALLENGE</u> Sara A./ Ilse	2:00pm-2:45pm <u>SPIN</u> Jared
Strength	5:30pm-6:30pm <u>RIP</u> Darron	6:00pm-7:00pm <u>TRANSFORMATION</u>	5:30pm-6:30pm <u>VINYASA YOGA</u> Erika	6:00pm-7:00pm <u>TRANSFORMATION</u>	5:30pm-6:30pm <u>ABS CIRCUIT</u> Nick	1:15pm-2:15pm <u>FLOW YOGA</u> Ilse	3:00pm-4:00pm <u>ZUMBA STRONG</u> Amba
High Intensity Interval		<u>CHALLENGE</u> Sara A./ Ilse		<u>CHALLENGE</u> Sara A./ Ilse			
Choreography Cardio							
Core/Mobility	6:45pm-7:45 pm <u>POWER YOGA</u> Darron		6:45pm-7:45pm <u>GROUP STRENGTH</u> Nick		6:45pm-7:45pm <u>GROUP STRENGTH</u> Nick		4:15pm-5:15pm <u>YING YANG YOGA</u> Erika
Aqua Fitness		7:15pm-8:00pm <u>HIIT CIRCUIT</u> Sara A.		7:15pm-8:00pm <u>BEGINNERS YOGA</u> Ilse			
Yoga							
Pre-Registered							
Classes	7:15pm-8:00pm <u>AQX AQUAFIT</u> Amba		7:15pm-8:00pm <u>AQX AQUAFIT</u> Jess				
<i>*register at Guest Services</i>							
Speciality Programs							
Personal Group Training							

**Instructors are subject to change. Class passes will be required for all drop in classes. See Guest Services no more than 1 hour before class to receive a pass.*

