



AQUATIC CENTRE GROUP FITNESS SCHEDULE



SPRING SCHEDULE 2019
April 8th - July 13th 2019

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	Small Group Training Sara T.		Small Group Training Sara T.		Small Group Training Sara T.	10:00am-10:45am <u>AQUAFIT</u> Jess	
Saturday 9:00am - 9:00pm			6:45am-7:30am <u>AQUAFIT</u> Jess			10:00am-11:00am <u>RIP</u>	
Sunday 10:00am - 8:00pm	12:15pm-12:45pm <u>ABS CIRCUIT</u> Nick	12:15pm-12:45pm <u>VINYASA YOGA</u> Erika	12:15pm-12:45pm <u>AQUA JOGGING</u> Jess	12:15pm-12:45pm <u>HIIT CIRCUIT</u> Nick	12:15pm-12:45pm <u>SPIN</u> Sara T.	11:15am-11:45am <u>CARDIO BLAST</u> Sara A.	
Class Legend			12:15pm-12:45pm <u>SPIN</u> Sara T.			12:00pm-1:00pm <u>TRANSFORMATION</u>	2:00pm-2:45pm <u>SPIN</u> Sara T.
Drop-in Classes <i>*included in all passes</i>	5:30pm-6:30pm <u>RIP</u> Darron	6:00pm-7:00pm <u>TRANSFORMATION</u> <u>CHALLENGE</u> Sara A./ Ilse Starting April 23rd	5:30pm-6:30pm <u>VINYASA YOGA</u> Erika	6:00pm-7:00pm <u>TRANSFORMATION</u> <u>CHALLENGE</u> Sara A./ Ilse Starting April 23rd	5:30pm-6:30pm <u>ABS CIRCUIT</u> Nick	<u>CHALLENGE</u> Sara A./ Ilse Starting April 23rd	4:00pm-5:00pm <u>YING YANG YOGA</u> Erika
Strength							
High Intensity Interval							
Choreography Cardio							
Core/Mobility	6:45pm-7:45 pm <u>POWER YOGA</u> Darron	6:30pm-7:15pm <u>AQX AQUAFIT</u> Jess	6:45pm-7:45pm <u>GROUP STRENGTH</u> Nick	6:30pm-7:15pm <u>AQX AQUAFIT</u> Jess	6:45pm-7:45pm <u>GROUP STRENGTH</u> Nick	1:15pm-2:15pm <u>FLOW YOGA</u> Ilse	
Aqua Fitness							
Yoga							
Pre-Registered Classes							
<i>*register at Guest Services</i>		7:15pm-7:45pm <u>HIIT CIRCUIT</u> Sara A.		7:15pm-7:45pm <u>YIN YOGA</u> Ilse			
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.*

