



AQUATIC CENTRE GROUP FITNESS SCHEDULE



SUMMER SCHEDULE 2019
July 15th - August 10th 2019

Fitness Centre	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Hours:							
Monday - Friday 6:30am-10:00pm						10:00am-10:45am AQUAFIT Jess	
Saturday 9:00am - 9:00pm						10:00am-11:00am RIP Sara T.	
Sunday 10:00am - 8:00pm	12:15pm-12:45pm ABS CIRCUIT Nick	12:15pm-12:45pm VINYASA YOGA Erika	12:15pm-12:45pm ZUMBA Catherine Starting July 31st	12:15pm-12:45pm HIIT CIRCUIT Amba	12:15pm-12:45pm URBAN DANCE Amba		
Class Legend							3:00pm-4:00pm ZUMBA STRONG Amba
Drop-in Classes <i>*included in all passes</i>							4:15pm-5:15pm YING YANG YOGA Erika
Strength	5:30pm-6:30pm RIP Darron	5:30pm-6:30pm ZUMBA STRONG Amba	5:30pm-6:30pm VINYASA YOGA Erika	5:30pm-6:30pm POWER SCULPT Amba	5:30pm-6:30pm ABS CIRCUIT Nick		
High Intensity Interval							
Choreography Cardio							
Core/Mobility	6:45pm-7:45 pm POWER YOGA Darron	6:45pm-7:30pm HIIT CIRCUIT Sara A.		6:45pm-7:45 pm FLOW YOGA Ilse			
Aqua Fitness							
Yoga							
Pre-Registered Classes <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.*

