

Monday, May 22nd 2016

Group Exercise Schedule

Fitness Centre Hours of Operations: 9:00am- 5:00pm

Time	Class Type	Instructor
9:30-10:25am	Stretch and Strength	Ava
9:30-10:15am	Cycle	Lesley
9:30-10:25am	Pilates Barre	Karen
10:30 - 11:25am	Fundamental Fitness	Maureen
10:30 - 11:25am	Cardio/Strength Circuit	Ava
11:00-11:55am	Aquafit	Jane
12:00-12:55pm	Functional Conditioning	Julian
1:00-1:45pm	Cycle	Julian
1:00 - 2:00pm	Group Power	Tanya

