





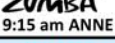















GROUP FITNESS

SCHEDULE FROM January 9-April 29, 2012

NOTE: all classes held in studio one (un-shaded), studio two or squash court (blue shading)

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|---|--|--|---|---|
| *PILATES 6:15 am FARIBA Pass required | TBC 6 am VAL |  |  6 am JOELLE | YOGA 6:15 am FARIBA |  8:00 am JOELLE/HEIDI | SPORT STRETCH & ABS 8:00 am STEPHANIE ST 2 |
| URBAN TAI CHI 7:30 am MONA | | BALLISTIC 7:30 am DIANA | | HL-TBC 7:30 am TERI |  9:10 am LIZ/HEIDI |  9:40 am MARIA/MONA |
| CIRCUIT 9:00-10:00 am | WOMAN'S CIRCUIT 9:00-10:00 am | CIRCUIT 9:00-10:00 am | WOMAN'S CIRCUIT 9:00-10:00 am | CIRCUIT 9:00-10:00 am | CIRCUIT (Weight Room) 9:00-10:00 am | CIRCUIT (Weight Room) 9:00-10:00 am |
|  9:15 am LIZ/HEIDI |  9:15 am HEIDI/MARIKA | BODY BLAST CARDIO 9:15 am LIZ/VICKI | TBC 9:15 am LIZ |  9:15 am ANNE *PILATES INT/ADV 9:15 am TANIA ST 2 PASS REQUIRED | TBC 10:20 am LIZ/ RICK | *PILATES ALL LEVELS 10:30 am STUDIO 2 AINSIE/VAL PASS REQUIRED |
| YOGA 9:10-10:30 am RHEA SQUASH | YOGA 9:10-10:30 am JESSE SQUASH | | YOGA 9:10-10:30 am RHEA SQUASH | | YOGA 11:30-12:45 pm JAY | YOGA 10:45-12:00 pm DIANA |
| TBC 10:20 am LIZ/MARIKA | *PILATES BASIC 10:30 am MARGARET PASS REQUIRED |  10:30 am MARIA | BODY BLAST HARD CORE 10:30-10:55AM And 11-11:25 REGAN NEW | SPORTS STRETCH & ABS 10:30 am TANIA SQUASH |  1:00 PM ANNIE | |
| | |  |  10:30 am LIZ/GLO |  10:20 am MARIKA/HEIDI | | |
|  12:15 pm ANNE | | |  12:15 pm VAL | | | |
| *PILATES 1:30 Regan Pass required | NEW THERAPEUTIC YOGA 1:30-3:00 pm CHRIS HOT STUDIO WARM NOT HOT | | | | | |
| | TBC 5:30 pm TERI | BODY BLAST HARD CORE 5:30 pm MARIKA | TBC 5:30 pm REGAN |  5:30 pm JOELLE/MARIKA | | |
|  6:00 pm JOELLE/HEIDI |  6:35 pm MARIA |  6:35 pm MARIKA |  6:35 pm ANNIE NEW | | | |
| BODY BLAST CARDIO & HARD CORE 7:05-8pm GLORIA NEW | *PILATES ALL LEVELS 6:35 pm FARIBA *PASS RQD | | *PILATES ALL LEVELS 6:35 pm STUDIO 2 PASS RQD MARGARET | | | |
| YOGA & ABS 7:00 pm DIANA STUDIO TWO | TBC 7:40 pm FARIBA | BODY BLAST CARDIO CIRCUIT 7:45 pm GLORIA NEW |  7:45 PM GLORIA NEW | | | |



It's a lifestyle!

PLEASE SEE CLASS DESCRIPTIONS FOR FURTHER INFORMATION ON CLASS LEVELS. Instructors may change without prior notice. For daily instructor schedule call 905.822.5240 please do not call the Front Desk).

- 600 for Monday
- 599 for Tuesday
- 598 for Wednesday
- 597 for Thursday
- 596 for Friday
- 595 for Saturday
- 594 for Sunday

*Please arrive early for scheduled Yoga/Pilates classes.