

**GROUP EXERCISE SCHEDULE Summer 2018**

**July 3rd – Aug.31st (No classes on Sept 1,2 &3)**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Weight Training**  6:30-7:15 am  *Karine* |  | **\*\*Step & Sculpt**  6:30-7:15 am  *Karine* |  |  |  |  |
|  | **Lo Impact**  8:30-9:25 am  *Edgar* | **Body Blast**  8:30-9:25 am  *Alysha* | **Essentrics**  8:30-9:25 am  *Nancy* | **Weight Training**  8:30-9:25 am  *Rachel/Alysha* | **Stability Ball**  8:30-9:25 am  *Edgar* |  |
| **Pilates**  9:30 –10:30 am  *Alona* | **Fusion Ball**  9:30 -10:25 am  *Ann* | **Zumba**  9:30 - 10:25 am  *Joanna/*  *Katarina* | **Pilates**  9:30–10:25 am  *Alona* | **Stretch**  9:30–10:25 am  *Rachel/Alysha* | **Lo Impact**  9:30-10:25 am  *Edgar* |  |
| **Light & Lively**  10:30-11:30 am  *Alona* | **Pilates**  10:30 – 11:30 am  *Ann* | **Yoga**  10:30 – 11:30  *Ann* | **Light & Lively**  10:30-11:30 am  *Alona* |  |  |  |
| **Latin Cardio**  12:15-1:10pm  *Edgar* |  | **Lo Impact**  12:15-1:10pm  *Rachel* |  |  |  |  |
| **Zumba Toning**  6:00-7:00 pm  *Edgar* | **Fusion Ball**  6:00 -6:55 pm  TBA | **Zumba**  6:15 –7:10 pm  *Edgar* |  |  |  |  |
| **Tai Chi**  7:00-8:00 pm  *Linda* | **Pilates**  7:00-8:00 pm  TBA | **Yoga**  7:15 – 8:15 pm  *Shara* | **Pilates**  7:00 – 8:00 pm  *Jennifer* |  |  |  |

**Please note:\*\* Classes may be cancelled if attendance is low**

**GROUP CYCLE SCHEDULE (CLASSES HELD IN THE CYCLE STUDIO) Summer 2018** [](http://www.google.ca/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwjNu6vfgePbAhWM0YMKHeNOAAIQjRx6BAgBEAU&url=http://mzayat.com/cliparts/ride-clipart-spin.html&psig=AOvVaw2w8_SvikPv-ePYCti5rmIy&ust=1529610597627068)

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|  |  | \*\*6:30 am  *Karine* |  |  |  |  |
| 9:30 am  *Peter* |  | *9:30 am*  *Neil* |  | 9:30 am  *Peter* | 10:00 am  *Donna* |  |
| 6:30 pm  *Liz* |  | 6:30 pm  *Donna* |  |  |  |  |