

# Group Fitness

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

City Centre Aquatic Complex Drop-in

*Group Ride 8:15 - 9 a.m.	*Group Ride 9:30 - 10:15 a.m.		*Group Ride 9:30 - 10:15 a.m.			
	<b>Cardio Core Conditioning</b> 9:30 - 10:30 a.m.	<b>NRG Circuit</b> 9:30 - 10:30 a.m.	<b>Fit 360</b> 9:30 - 10:30 a.m.	<b>Body Basics</b> 9:30 - 10:30 a.m.	<b>Low Impact</b> 9:30 - 10:30 a.m.	<b>Pilates Yoga Fusion</b> 9:30 - 10:30 a.m.
<b>Zumba®</b> 10:45 - 11:45 a.m.	<b>Pilates Yoga Fusion</b> 10:45 - 11:45 a.m.	<b>Pilates</b> 10:45 - 11:45 a.m.	<b>Zumba Toning®</b> 10:45 - 11:45 a.m.	<b>Vinyasa Flow Yoga</b> 10:45 - 11:45 a.m.	<b>Zumba®</b> 10:45 - 11:45 a.m.	
<b>Zumba Toning</b> 12 - 1 p.m.	<b>Hatha Yoga</b> 12 - 1 p.m.		<b>Pilates</b> 12:30 - 1:30 p.m.	<b>Essentrics Beginner</b> 1:15 - 2:15 p.m.	<b>Hatha Yoga</b> 12 - 1 p.m.	
	*Group Ride 5:30 - 6:15 p.m.		*Group Ride 5:30 - 6:15 p.m.		<b>NRG Circuit</b> 5:45 - 6:45 p.m.	
	<b>Fit 360</b> 5:45 - 6:45 p.m.	<b>Hatha Yoga</b> 7 - 8 p.m.	<b>Yin Deep Stretch Yoga</b> 5:30 - 6:45 p.m.	<b>Cardio Core Conditioning</b> 7 - 8 p.m.		
	<b>NRG Circuit</b> 7 - 8 p.m.	*Group Ride 7:30 - 8:15 p.m.	<b>NRG Circuit</b> 7 - 8 p.m.			
	<b>Yon Deep Stretch Yoga</b> 8:15 - 9:15 p.m.		<b>Hatha Yoga</b> 8:15 - 9:15 p.m.	<b>Hatha Yoga</b> 8:15 - 9:15 p.m.		
					For the most up-to-date schedule	

Schedule subject to change without notice. \*Pre-registration is required for this program.