

Group Fitness

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Poirier Sport and Leisure Complex (PSLC) Drop-in

March 17	March 18	March 19	March 20	March 21	March 22	March 23
	Group Ride* (Centennial Room) 8:30 – 9:15 a.m.	Group Ride* (Centennial Room) 9:30 – 10:30 a.m.		Group Ride* (Centennial Room) 9:30 – 10:30 a.m.	Group Ride* (Centennial Room) 8:30 – 9:15 a.m.	Group Ride* (Centennial Room) 8:15 – 9 a.m.
Vinyasa Flow Yoga 9 – 10 a.m.		Vinyasa Flow Yoga 9:30 – 10:30 a.m.	Cardio Core Conditioning 9:30 – 10:30 a.m.		Step Remix 9:30 – 10:30 a.m.	Zumba Toning® 9:30 – 10:30 a.m.
	Zumba® 11 a.m. – 12 p.m.	Body Basics 10:45 – 11:45 a.m.	Hatha Yoga 10:45 a.m. – 12 p.m.		Pilates 10:45 – 11:45 a.m.	Hatha Yoga 11 a.m. – 12 p.m.
	Group Ride* (Centennial Room) 6 – 6:45 p.m.	Group Ride* (Centennial Room) 6 – 6:45 p.m.	Group Ride* (Centennial Room) 6 – 6:45 p.m.			
		Iron & HIIT 6 – 7 p.m.	NRG Circuit 6 – 7 p.m.	Pilates 6 – 7 p.m.		
	Fit 360 7:15 – 8:15 p.m.		Zumba® 7:15 – 8:15 p.m.	Zumba® 7 – 8 p.m.		
Hatha Yoga 7:30 – 8:30 p.m.	Hatha Yoga 7:45 – 9 p.m.	Hatha Yoga 8:30 – 9:30 p.m.				

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