

(905) 457- 5211

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CLASS SCHEDULE

NOVEMBER 2011

Mon – Thur: 6:30am – 9pm

Fri: 6:30am – 8pm

Sat: 8am – 5pm

Sun: 10am – 3pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DROP IN CLASSES (included with Full Facility membership)						
9:30am -10:15am Circuit Plus Todd		9:30am -10:15am Circuit Plus Todd				
9:30am -10:15am Cardio Aquafit Remy		9:30am -10:15am Cardio Aquafit Tanya		9:30am -10:15am Cardio Aquafit Tanya	9:30am -10:15am Cardio Aquafit Susan	
10:45am- 11:30am Therapeutic Aquafit Remy		10:45am- 11:30am Therapeutic Aquafit Tanya		10:45am- 11:30am Therapeutic Aquafit Tanya	9:30am-10:30am Hi-Lo & Abs Jackie T	
	11:00am-11:45am Total Body Sculpting Todd	11:00am-11:45am Spin Cycle Todd	11:00am-11:45am Total Body Sculpting Todd		10:30am-11:30pm Spin Cycle Susan	
5:45pm-6:45pm Step Jackie T	5:45pm-6:30pm Spin Cycle Angela	5:45pm-6:45pm Step Moira	5:45pm-6:45pm Zumba Ivonne	5:45pm-6:45pm Total Body Sculpting Moira		
6:30pm-7:15pm Cardio Aquafit Jennifer Z.	6:30pm-7:15pm Cardio Aquafit Melodye	6:30pm-7:15pm Cardio Aquafit Jackie T	6:30pm-7:15pm Cardio Aquafit Melodye			
	6:45pm-7:45pm Total Body Sculpting Susan		7:00pm-8:00pm Spin Connie			
Registered Programs						
	5:45pm-6:45pm Yoga Moira (Session starts Nov 22)					
	7:00pm-8:00pm Kickbox Todd (Session starts Nov 22)	7:00pm-8:00pm Yoga Moira (Session starts Nov 9)		7:00pm -8:00pm Belly Dancing Amanda		
			7:30pm-8:15pm Learn To Swim Jennifer D.			

*Ask for Weight Loss and Personal Training

PILATES STARTING LATE NOVEMBER