

(905) 457- 5211  
fitness@fitnesspluscanada.com



## CLASS SCHEDULE AUGUST 2017

**Staffed Hours**  
**Mon – Thu: 8:00am – 9:00pm**  
**Fri: 8:00am – 8:00pm**  
**Sat: 8:00am – 5:00pm**  
**Sun: 10:00am – 3:00pm**  
**Pool closes 30-min before end of staffed hours**

**AUG 5 - No classes - Pool closes at 2:30pm**  
**AUG 7 - No staff/classes/pool access**

Todd's teaching morning Aquafit Aug 1, 3, & 8

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>DROP IN CLASSES (included with Silver and Gold Memberships)</b>						
9:30am-10:30am			<b>Cardio Aquafit</b> Sharon	<b>Therapeutic Aquafit</b> Tanya Aug 3 - Todd	<b>Cardio Aquafit</b> Sharon	<b>Cardio Aquafit</b> 9:30am-10:15am Susan
		<b>Total Body Sculpting</b> 9:45am-10:30am Todd	<b>Spin</b> 10:45am-11:30am Todd	<b>Total Body Sculpting</b> 10:45am-11:30am Todd		<b>Spin</b> 10:30am-11:30am Susan
11:00am-12:00pm	<b>Cardio Aquafit</b> Sharon	<b>Therapeutic Aquafit</b> Tanya Aug 1 & 8 - Todd				
5:45pm-6:45pm	<b>Step</b> Jackie	<b>Spin (45min)</b> Sharon		<b>Total Body Sculpting</b> Susan	<b>Tabata</b> Melodye	
6:30pm-7:15pm		<b>Cardio Aquafit</b> Melodye	<b>Cardio Aquafit</b> Jackie			
6:45pm-7:30pm	<b>Cardio Aquafit</b> Jackie			<b>Cardio Aquafit</b> Susan		
6:45pm-7:45pm		<b>Groove &amp; Abs</b> Sharon		<b>Zumba</b> Nimisha		
<b>REGISTERED CLASSES (Paid Members Only)</b>						
<b>Pilates</b>					8:30am-9:30am Todd	
<b>Group Training</b>	6:45pm-7:45pm Susan		6:00pm-7:00pm Susan			
<b>Yoga</b>			7:00pm-8:00pm Disha			
<b>Swim Lessons</b>		5:15pm-6:15pm Melodye	7:30pm - 8:30pm Jennifer	7:30pm - 8:15pm Jennifer (New class Aug 3)	5:30pm - 6:15pm Jennifer (New class Aug 18)	
		7:30pm - 8:15pm Jennifer (New class Aug 15)			6:30pm - 7:30pm Jennifer	

Don't forget to like us on Facebook and follow us on Twitter!



**2017. NEW YEAR. NEW HOURS. NEW LOOK. 24/7 GYM ACCESS**

**August Special (new members)\***

Get your body in the best condition this summer with our August Special!

Sign up for a **5 month GOLD** membership for only **\$199+HST!**

This includes: 24/7 access to gym equipment, unlimited drop-in classes, and access to the pool/whirlpool/sauna during staffed hours.

Offer expires August 31, 2017 - Don't miss out.

\*This special is for new members & previous members whose memberships expired at least 1 year ago.

**Civic Holiday Weekend - Staffed Hours**

Sat Aug 5: 8:00am - 3:00pm (pool closes at 2:30pm) - No classes

Sun Aug 6: 10:00am-3:00pm (pool closes at 2:30pm)

Mon Aug 7: No Staff - No pool access - No classes

Register now for the next session of **Swim Lessons:**

Tue 7:30pm - 8:15pm - Starts Aug 15

Fri 5:30pm - 6:15pm - Starts Aug 18

Limited Space - Register early to reserve your spot - See Staff for details!

Call us at (905) 457-5211 or e-mail us at [fitness@fitnesspluscanada.com](mailto:fitness@fitnesspluscanada.com)

The pool is reserved for swim lessons during the following times:

Tue 5:15pm-6:15pm, 7:30pm-8:30pm

Wed 7:30pm-8:30pm

Thu 7:30pm-8:30pm

Fri 5:30pm-7:30pm

Times are subject to change.

Subscribe to our email list/social media or call us to get the most up-to-date information.