

(905) 457- 5211
fitness@fitnesspluscanada.com



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

CLASS SCHEDULE July 2018

Canada Day Long Weekend (see back of page)
 Sat Jun 31: 8:00am - 3:00pm: No classes
 Jul 1 & 2: No Staff - No pool access - No classes

Katie is teaching Cardio Aquafit every Tue @ 6:30pm
Todd is teaching Aquafit Jul 10 @ 11am & Jul 12 @ 9:30am and Fri Tabata classes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DROP IN CLASSES (included with Silver and Gold Memberships)						
9:30am-10:30am			Cardio Aquafit Sharon	Therapeutic Aquafit Tanya Todd Jul 12	Cardio Aquafit Sharon	Cardio Aquafit 9:30am-10:15am Susan
		Total Body Sculpting 9:45am-10:30am Todd	Spin 10:45am-11:30am Todd	Total Body Sculpting 10:45am-11:30am Todd		Spin 10:30am-11:30am Susan
11:00am-12:00pm	Cardio Aquafit Sharon	Therapeutic Aquafit Tanya Todd Jul 10				
5:45pm-6:45pm	Step Jackie	Spin (45min) Sharon		Total Body Sculpting Susan	Tabata Todd	
6:30pm-7:15pm		Cardio Aquafit Katie	Cardio Aquafit Jackie			
6:45pm-7:30pm	Cardio Aquafit Jackie	Groove & Abs Sharon		Cardio Aquafit Susan		
REGISTERED CLASSES (Paid Members Only)						
Pilates					8:30am-9:30am Todd	
Group Training	6:45pm-7:45pm Susan		6:15pm-7:15pm Susan			
Yoga			7:00pm-8:00pm Disha			
Swim Lessons		7:30pm - 8:30pm Katie		7:30pm - 8:30pm Katie	5:30pm - 6:30pm Katie	

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



July Special (new members)*

Get your body in the best condition this summer with our July 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 July 31, 2018 - Don't miss out - JOIN TODAY!

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

Happy Canada Day! Long Weekend Staffed Hours

Sat Jun 31: 8:00am - 3:00pm (pool closes at 2:30pm) - No classes

Sun Jul 1: No Staff - No pool access - No classes

Mon Jul 2: No Staff - No pool access - No classes

Register now for the next session of classes:

Swim - Fri 5:30pm - 6:15pm - starts Aug 3

Swim - Thu 7:30pm - 8:15pm - starts Aug 9

Swim - Tue 7:30pm - 8:15pm - starts Aug 28

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

The pool is reserved for swim lessons:

Tue 7:30pm - 8:30pm

Thu 7:30pm - 8:30pm

Fri 5:30pm - 6:30pm

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