

(905) 457- 5211
 fitness@fitnesspluscanada.com



CLASS SCHEDULE February 2019

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

Family Day Weekend

Sat Feb 16 - No classes - Pool closes at 2:30pm

Mon Feb 18 - No staff/classes/pool access

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DROP IN CLASSES (included with Silver and Gold Memberships)						
8:30am-9:30am						Spin Susan
9:30am-10:30am			Cardio Aquafit Eva		Cardio Aquafit Eva	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		
11:00am-12:00pm	Cardio Aquafit Sharon	Therapeutic Aquafit Tanya		Therapeutic Aquafit Tanya		
5:45pm-6:45pm	Step Jackie	Spin 5:45pm-6:30pm 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)						
Group Training	6:45pm-7:45pm Susan					
Pilates					8:30am-9:30am Todd	
Yoga			7:00pm-8:00pm Eva			
Swim Lessons		7:30pm - 8:30pm Katie			5:30pm - 6:30pm Katie	

Note: In the event of heavy snowfall or extreme wind chill, please call us to confirm if classes are running.



February Special (new members)*

Join with a 1 year Gold membership and get 1 month & locker absolutely FREE!
That's 13 months for the price of 12!

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

Offer expires February 28, 2019 - Don't miss out - JOIN TODAY!

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

Family Day Long Weekend - Staffed Hours

Sat Feb 16: 9:00am - 3:00pm (pool closes at 2:30pm) - No classes

Sun Feb 17: 10:00am - 3:00pm (pool closes at 2:30pm)

Mon Feb 18: No Staff - No pool access - No classes

Register now for the next session of classes:

Yoga - Wed 7:00pm - 8:00pm - starts Feb 6

Swim - Tue 7:30pm - 8:30pm - starts Feb 19

Swim - Fri 5:30pm - 6:30pm - starts Mar 1

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

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.