

(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

April 2018

Easter Long Weekend (see back of page)

Cardio Tabata Wed 5:30pm-6:15pm

Reminder: No classes Mar 30-31, No evening classes Apr 2

	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	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				
5:45pm -6:45pm	Step Jackie	Spin (45min) Sharon	Cardio Tabata 5:30pm-6:15pm Melodye	Total Body Sculpting Susan	Tabata Melodye	
		Groove & Abs 6:30pm-7:30pm Sharon				
6:30pm-7:15pm		Cardio Aquafit Melodye	Cardio Aquafit Jackie			
6:45pm-7:30pm	Cardio Aquafit Jackie			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 Next session Apr 5			
Swim Lessons		7:30pm - 8:15pm Jennifer Next session May 22	7:30pm - 8:30pm Jennifer	7:30pm - 8:15pm Jennifer Next session May 10	5:30pm - 6:30pm Next session Apr 13 6:30pm - 7:30pm Jennifer	

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



April Special (new members)*

1 Year Gold Membership - Get \$100 off and 1 week free
That's not all - Don't pay the admin!

Offer expires April 30, 2018 - Don't miss out.

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

Easter Long Weekend - Staffed Hours

Fri Mar 30: No Staff - No pool access - No classes

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

Sun Apr 1: 10:00am - 3:00pm (pool closes at 2:30pm)

Mon Apr 2: 8:00am - 5:00pm - No evening classes (pool closes at 4:30pm)

Register now for the next session of classes

Yoga - Wed 7:00pm - 8:00pm - starts Apr 5

Swim - Fri 5:30pm - 6:15pm - starts Apr 13

Swim - Thu 7:30pm - 8:15pm - starts May 10

Swim - Tue 7:30pm - 8:15pm - starts May 22

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 7:30 - 8:30pm, Wed 7:30pm - 8:30pm, Thu 1:00pm-2:00pm, 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.