

(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 November 2018

**NEW TIME: Sat Spin 8:30am-9:30am**  
**Todd is teaching Aquafit Mon Nov 19 at 11:00am**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>DROP IN CLASSES (included with Silver and Gold Memberships)</b>						
8:30am-9:30am						<b>NEW TIME!</b> <b>SPIN</b> Susan
9:30am-10:30am			<b>Cardio Aquafit</b> Sharon		<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		
11:00am-12:00pm	<b>Cardio Aquafit</b> Sharon <b>Nov 19 - Todd</b>	<b>Therapeutic Aquafit</b> Tanya		<b>Therapeutic Aquafit</b> Tanya		
5:45pm-6:45pm	<b>Step</b> Jackie	<b>Spin (45min)</b> Sharon		<b>Total Body Sculpting</b> Susan	<b>Tabata</b> Todd	
6:30pm-7:15pm		<b>Cardio Aquafit</b> Katie	<b>Cardio Aquafit</b> Jackie			
6:45pm-7:30pm	<b>Cardio Aquafit</b> Jackie	<b>Groove &amp; Abs</b> Sharon		<b>Cardio Aquafit</b> Susan		
<b>REGISTERED CLASSES (Paid Members Only)</b>						
<b>Group Training</b>	6:45pm-7:45pm Susan		6:00pm-7:00pm Susan			
<b>Pilates</b>					8:30am-9:30am Todd	
<b>Yoga</b>			7:00pm-8:00pm Disha			
<b>Swim Lessons</b>		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!



**November Special (new members)\***

Join with a 1 year Gold membership and get 1 month absolutely FREE!

That's not all. You also get a free locker rental (\$150 value).

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

Offer expires November 30, 2018 - Don't miss out - JOIN TODAY!

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

**Register now for the next session of classes:**

**Swim** - Thu 7:30pm - 8:30pm - starts Nov 8

**Yoga** - Wed 7:00pm - 8:00pm - starts Nov 21

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:**

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.