



Cheam Fitness Schedule July 3 - September 5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquafit 8:30-9:30am Pool *no class July 3		Aquafit 8:30-9:30am Pool	Aquafit 8:30-9:30am Pool *no class July 6	Aquafit 8:30-9:30am Pool		
Cardio Sculpt 8:00-9:00am Gymnasium **Summer Special** Starts July 10 *no class July 24, 31		Total Body Strength 9:15-10:15am North Gym *no class July 5, 12, 26 and August 2	Zumba 9:15-10:15am North Gym *no class July 27 and August 3	Total Body Strength 9:15-10:15am Gymnasium *no class July 28 and August 4	Fusion 9:15am-10:00am MP	
			Pilates 9:30-10:30am MP *no classes from July 20-August 27	LifeFit 10:30 - 11:15am Gymnasium *no class July 28 and August 4	Zumba 10:15am-11:15am Gymnasium *no class July 29 and August 5	
Strength & Balance 10:30-11:30am Gymnasium *no class July 3, 10, 24 and 31			Strength & Balance 10:30-11:30am Gymnasium *no class July 27 and August 3	Yoga 11:00am-12:00pm MP		Gymnasium resurfacing July 24- August 7
	Zumba 5:45-6:45pm North Gym No classes in Aug	Yoga 5:15-6:15pm MP *no class August 2		Yin Yoga 12:15-1:30pm MP		** No classes July 1, August 7 due to Stat Holidays.
	Aquafit 7:00-8:00pm Pool *no class July 4 and August 8	Gentle Yoga 6:30-7:30pm MP *no class August 2		This schedule is subject to change. For the most up to date schedule information, please visit our website: cheamleisurecentre.ca		