

Group Fitness Schedule Effective September 5th - 30th

Stat Holiday Sept 4th, Sept 30th - No classes, pool or programs. Pool closed for maintenance August 21st - September 4th						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Y Cycle 6:15am-7:15am Cycle Studio Hermann	Y Strength 6:15am-7:00am Gymnasium Shawn	Y Cycle 6:15am-7:00am Cycle Studio Karen	Y Sweat 6:15am-7:00am Gymnasium Martha	Y Cycle 6:15am-7:15am Cycle Studio Hermann		
	Q Strength Gentle 8:30am-9:15am Velina		Q Strength Gentle 8am-8:45am Velina			
Y Aquafit 8:00am-9:00am Pool Lisa	Y Aquafit 8:00am-8:45am Pool Kelly	Y Aquafit 8:30am-9:15am Pool Michelle	Y Aquafit 8:00am-8:45am Pool Kelly	Y Aquafit 8:00am-9:00am Pool Lisa	Y Aquafit 9:00am-9:45am Pool Dylan	
				Yin Yoga 9:00am-10:15am Fitness Studio Laura		
Y Cycle 9:15am-10:15am Cycle Studio Gisela		Y Cycle 9:15am-10:15am Cycle Studio Martha	Y Cycle 9:15am-10:15am Cycle Studio Gary		Y Cycle 9:15am-10:15am Cycle Studio Andrea	
Y Strength 9:15am-10:15am Gymnasium Sharon	Y Step & Strength 9:15am-10:15am Fitness Studio Karen	Y Sweat 9:15am-10:15am Gymnasium Jenn/Michelle	Y Step & Strength 9:15am-10:15am Fitness Studio Sharon	Y Sweat 9:15am-10:15am Gymnasium Tanya/Shawn	Y Step & Strength 9:15am-10:15am Fitness Studio Krista	
Y Gentle Aquafit 10am-10:30am Pool Cheryl	Y Aquafit 10:00am-10:45am Pool Karen	Equipment Orientation 10:30am - 11:00am Velina	Y Gentle Aquafit 10am-10:30am Pool Cheryl		Y Dance 10:30am - 11:30am Fitness Studio Monique	Y Restorative Yoga 10:00am-11:15am Fitness Studio Sandra
Equipment Orientation 10:30am - 11:00am Sheridan	Q Strength 10:30am - 11:15am Fitness Floor Angela	Y Gentle Cardio 10:45am-11:30am Gymnasium Pat		Y Step & Strength 10:30am-11:30am Fitness Studio Sharon		Teen Orientation 10:15am-11:00am Sheridan
Y Gentle Cardio 10:45am-11:30am Gymnasium Carolyn		Y Hatha Yoga 10:45am-11:45am Fitness Studio Michelle		Y Gentle Cardio 10:45am-11:30am Gymnasium Pat/Carolyn		
Y Stretch 11:45am-12:30pm Fitness Studio Carolyn	Y Gentle Basics 11:30am-12:30pm MP2 Velina	Q Strength Gentle Fit Floor 12p-12:45pm Pat	Y Gentle Basics 11:30am-12:30pm MP2 Carolyn		Table Tennis 1:00pm - 3:00pm	
		Adult Water Walking 2:00pm - 2:30pm Pool		Adult Water Walking 2:00pm - 2:30pm Pool		
		Q Strength 3:45pm - 4:30pm Fitness Floor Sheridan				
Y Sweat 5:30pm-6:30pm Gymnasium Josh	Y Vinyasa Yoga 5:30pm-6:30pm Fitness Studio Kate/Kali	Y Hatha Yoga 5:30pm-6:30pm Fitness Studio Cassidy	Y Vinyasa Yoga 5:30pm-6:30pm Fitness Studio Lisa			
		Y Strength 5:45pm-6:45pm Gymnasium Karl	Table Tennis 6:00pm - 8:00pm			
Y Core Fitness Studio 6:45pm-7:30pm Sue	Y Cycle 6:45pm-7:45pm Cycle Studio Sue	Y Cycle 6:45pm-7:45pm Cycle Studio Andrea and Gary No Class Sept 13th	Y Sweat 6:45pm-7:45pm Gymnasium Sue			
Y Aquafit 7:15pm - 8:00pm Pool Alyson	Y Yoga (Taught in Korean) 7:00pm - 8:00pm Na	Equipment Orientation 7:30pm-8:00pm Sheridan	Y Aquafit 7:15pm - 8:00pm Pool Alyson			