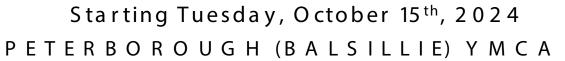


GROUP FITNESS FALL SCHEDULE





MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS	
6:15 am CYCLE FIT		7:00 am YOGA		6:15 am CYCLE FIT		
9:00 am SCULPT & TONE	9:00 am TRX *PLEASE SIGN UP AT DESK EACH TUESDAY	9:00 am SIMPLY STRENGTH	9:00 am CARDIO SCULPT	9:00 am INSTRUCTORS CHOICE	8:15 am CYCLE FIT+	
10:00 am COREFIT	10:00 am STRETCH & STRENGTH	10:00 am YOGA	10:00 am STRETCH & STRENGTH	10:00 am STRETCH & STRENGTH	9:30 am SIMPLY STRENGTH	
	11:15 am CHAIR YOGA		11:15 am CHAIR YOGA	11:00 am BODIES IN BALANCE & FALLS PREVENTION		
12:15 pm INSTRUCTORS CHOICE	12:15pm BOOTCAMP	12:15 pm SCULPT & TONE 1:05 pm IN MOTION	12:15 pm TOTAL BODY BLAST	12:15pm BOOTCAMP		
5:30pm CYCLE FIT	6:15pm CYCLE FIT	5:30 pm SIMPLY STRENGTH	The state of the s	6:00pm FLEX FRIDAY	W. W.	
6:45 pm YOGA	**7:15-8:30pm** REGISTERED YOGA	Class	5:30 pm POWER PUMP	Fitness Class Questions - email Jennifer.Penhale@ ceo.ymca.ca		
6:30pm	Mark the second	egistered Yoga and Zumb	**7:00 pm** ZUMBA (registered)		48-9642 X231	

**please register at membership desk