

FITNESS SCHEDULE



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM							
6:30 AM	Swim For Fitness 6:30-7:30am	Boot Camp Express - 45 min		Boot Camp Express - 45 min	Outdoor Cycling		
7:00 AM	Step Class	6:30am-7:15am Debbi	Step Class	6:30am-7:15am Debbi	6:30am-7:15am Debbi		
7:30 AM	7am-8am (VF)		7am-8am (VF)		Yoga - Rise and Shine		
8:00 AM					7:30am-8:15am Laura		
8:30 AM							
9:00 AM		AquaFit - 45 min		AquaFit - 45 min	Yoga - Yin and Meditation	Outdoor Bootcamp	Stability Ball Senior Fitness
9:30 AM		9:00am - 9:45am - Debbi		9:00am - 9:45am - Debbi	8:45am-9:45am Laura	9am with Shane	9am-10am VF - (B)
10:00 AM					Outdoor Walking Group	Yoga (B)	Yoga - Refreshing Flow
10:30 AM					10am-11am Debbi	10am-11am Carolyn	10am 11am - Diane
11:00 AM		Senior Fitness - 45 min		Senior Fitness - 45 min		Outdoor Zumba	AquaFit - 45 min
11:30 AM		Debbi (220 Woodridge)		Debbi (220 Woodridge)		11am 12pm - Diane	11am-11:45am Brendan
12:00 PM	Group Strength Training (B)		Group Strength Training (B)		Step Class		
12:30 PM	45 min - Debbi		45 min - Debbi		12pm - 1pm (VF)		
1:00 PM		Learn to Run - 3km		Learn to Run - 3km			
1:30 PM		12:30 - 1:30pm - Debbi		12:30pm - 1:30pm - Debbi			
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM			High Intensity Interval Training				
5:00 PM	Lean and Toned	Power Barbell	4:30pm-5:30pm (VF)	Power Barbell	Lean and Toned		
5:30 PM	5pm-6pm (VF)	5pm-6pm (VF)		5pm-6pm (VF)	5pm-6pm (VF)		
6:00 PM	Skip Circuit - 45 min	Cardio Kickboxing	CrossFIT - 45 min	Yoga (B)	Cardio Kickboxing		
6:30 PM	6pm-6:45pm Debbi	6pm-7pm (VF)	6pm-6:45pm Debbi	6:15pm-7:15pm Carolyn	6pm-7pm (VF)		
7:00 PM	Learn to Run 5km - Debbi	Stretch and Relax - (VF)	Learn to Run 5km - Debbi		Stretch and Relax - 30 min (VF)		
7:30 PM	AquaFit		AquaFit	Zumba - 7:30-8:15pm			
8:00 PM	7pm-8pm Brendan	Swim For Fitness	7pm-8pm Brendan	Swim For Fitness			
8:30 PM		8-9pm Christian		8-9pm Christian			
9:00 PM							
9:30 PM							

*VF - Wellbeats Virtual Fitness

*B - Beginner

*Platinum Access Only for all fitness classes

*Senior Fitness located in senior lounge at 220 Woodridge

*Running Club registration comes with a FREE army run registration!

*OUTDOOR BOOTCAMP starts Saturday June 1st.

June 1st - July 20th