

# Group Fitness

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

City Centre Aquatic Complex Drop-in

March 24	March 25	March 26	March 27	March 28	March 29	March 30
		<b>Group Ride*</b> 6:15 – 7 a.m.	<b>Group Ride*</b> 9:30 – 10:15 a.m.	<b>Group Ride*</b> 6:15 – 7 a.m.	<b>Women's Only</b> 8 – 10 a.m. <b>Holiday Hours</b> 10:30 a.m. – 10:30 p.m.	No Classes
	<b>Cardio Core Conditioning</b> 9:30 – 10:30 a.m.	<b>NRG Circuit</b> 9:30 – 10:30 a.m.	<b>Fit 360</b> 9:30 – 10:30 a.m.		<b>Low Impact</b> 9 – 10 a.m. <i>*note time change for Women's Only*</i>	
<b>Zumba®</b> 10:45 – 11:45 a.m.	<b>Pilates Yoga Fusion</b> 10:45 – 11:45 a.m.	<b>Pilates</b> 10:45 – 11:45 a.m.	<b>Zumba Toning®</b> 10:45 – 11:45 a.m.	<b>Vinyasa Flow Yoga</b> 10:45 – 11:45 a.m.	<b>Zumba®</b> 10:45 – 11:45 a.m.	
<b>POUND</b> 12 – 1 p.m.	<b>Hatha Yoga</b> 12 – 1 p.m.		<b>Pilates</b> 12:30 – 1:30 p.m.	<b>Essentrics Beginner</b> 1:15 – 2:15 p.m.	<b>Hatha Yoga</b> 12 – 1 p.m.	
	<b>Group Ride*</b> 5:30 – 6:15 p.m. <b>Fit 360</b> 5:45 – 6:45 p.m.		<b>Group Ride*</b> 5:30 – 6:15 p.m. <b>Yin Deep Stretch</b> 5:30 – 6:45 p.m.			
	<b>NRG Circuit</b> 7 – 8 p.m.	<b>Hatha Yoga</b> 7 – 8 p.m. <b>Group Ride*</b> 7:30 – 8:15 p.m.		<b>Cardio Core Conditioning</b> 7 – 8 p.m.		
	<b>Vinyasa Flow Yoga</b> 8:15 – 9:15 a.m.	<b>Pilates</b> 8:15 – 9:15 p.m.	<b>Hatha Yoga</b> 8:15 – 9:15 p.m.	<b>Group Ride*</b> 7:30 – 8:15 p.m.		
<b>March 31</b> <b>Zumba®</b> 10:45 – 11:45 a.m.	<b>April 1</b> <b>Hatha Yoga</b> 12 – 1 p.m.	<b>April 1</b> <b>Women's Only</b> 8 – 10 a.m. <b>Holiday Hours</b> 10:30 a.m. – 10:30 p.m.				
<b>POUND</b> 12 – 1 p.m.	<b>Fit 360</b> 5:45 – 6:45 p.m. <b>Vinyasa Flow Yoga</b> 8:15 – 9:15 a.m.					

Schedule subject to change without notice. \*Pre-registration is required for this program.