

Group Fitness

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

City Centre Aquatic Complex Drop-in

March 17 Group Ride* 8:15 – 9 a.m.	March 18 Group Ride* 9:30 – 10:15 a.m.	March 19 Group Ride* 6:15 – 7 a.m.	March 20 Group Ride* 9:30 – 10:15 a.m.	March 21 Group Ride* 6:15 – 7 a.m.	March 22	March 23
	Cardio Core Conditioning 9:30 – 10:30 a.m.		Fit 360 9:30 – 10:30 a.m.	Body Basics 9:30 – 10:30 a.m.	Low Impact 9:30 – 10:30 a.m.	
Zumba® 10:45 – 11:45 a.m.	Pilates Yoga Fusion 10:45 – 11:45 a.m.	Pilates 10:45 – 11:45 a.m.	Zumba Toning® 10:45 – 11:45 a.m.	Vinyasa Flow Yoga 10:45 – 11:45 a.m.	Zumba® 10:45 – 11:45 a.m.	
POUND 12 – 1 p.m.	Hatha Yoga 12 – 1 p.m.		Pilates 12:30 – 1:30 p.m.	Essentrics Beginner 1:15 – 2:15 p.m.	Hatha Yoga 12 – 1 p.m.	
	Group Ride* 5:30 – 6:15 p.m. Fit 360 5:45 – 6:45 p.m.		Group Ride* 5:30 – 6:15 p.m. Yin Deep Stretch 5:30 – 6:45 p.m.			
	NRG Circuit 7 – 8 p.m.	Hatha Yoga 7 – 8 p.m. Group Ride* 7:30 – 8:15 p.m.	NRG Circuit 7 – 8 p.m.	Cardio Core Conditioning 7 – 8 p.m.		
		Pilates 8:15 – 9:15 p.m.	Hatha Yoga 8:15 – 9:15 p.m.	Hatha Yoga 8:15 – 9:15 p.m.		

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