



August Fitness Schedule

Weekdays: 6:00 A.M. - 9:00 P.M.
Weekends: 8:00 A.M. - 6:00 P.M.
Phone: 905-648-4571

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 a.m.					Pilates Fusion Tammy <i>Virtual Only</i>		
8:15 a.m.	Body Blast Donna <i>IN PERSON AND VIRTUAL Loft</i>		Burn Fat & Tone Up HIIT Tom <i>IN PERSON AND VIRTUAL Studio</i>	Pilates Fusion Kathy <i>IN PERSON AND VIRTUAL Loft</i>	Body Blast Kathy <i>IN PERSON AND VIRTUAL Loft</i>	Zumba Victoria <i>IN PERSON AND VIRTUAL Studio</i>	
9:00 a.m.							
9:15 a.m.	Barre & Pilates Pat <i>IN PERSON AND VIRTUAL Loft</i>	Ballet Barre Victoria <i>IN PERSON AND VIRTUAL Loft</i>	Essentrics Pat <i>IN PERSON AND VIRTUAL Studio</i>	Spin Joanne <i>IN PERSON ONLY Loft</i>	DanceFit Pat <i>IN PERSON AND VIRTUAL Loft</i>	Essentrics Pat <i>IN PERSON AND VIRTUAL Loft</i>	Group Strength Kathy <i>IN PERSON AND VIRTUAL Loft</i>
10:15 a.m.	Essentrics Pat <i>IN PERSON AND VIRTUAL Loft</i>						
10:30 a.m.		Zumba Victoria <i>IN PERSON AND VIRTUAL Studio</i>					
6:30 p.m.	Step Heather C <i>IN PERSON ONLY Studio</i>						
6:00 p.m.	Spin 30 Minutes Joanne <i>IN PERSON ONLY Loft</i>	Pilates Dawn <i>IN PERSON AND VIRTUAL Loft</i>	Spin 30 Minutes Tiina <i>IN PERSON ONLY Loft</i>	Total Body HIIT Circuit New Teacher-Brianna <i>IN PERSON ONLY Loft</i>		DON'T LET PAIN HOLD YOU BACK! NOW OFFERING PHYSIOTHERAPY Let us help you with your aches and pains so you can live your best life! Ask our Front Desk staff how to get started.	
6:30 p.m.	Body Blast Joanne <i>IN PERSON ONLY Loft</i>		Group Strength Tiina <i>IN PERSON ONLY Loft</i>				