



# November Fitness Schedule

Childcare Available Tues/Thurs 9-11 A.M.

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 Virtual Only		
8:15 a.m.	Body Blast Donna IN PERSON AND VIRTUAL Loft		Pilates Fusion Dawn IN PERSON AND VIRTUAL Studio		Burn Fat & Tone Up HIIT Tom IN PERSON AND VIRTUAL Loft	Body Blast Kathy IN PERSON AND VIRTUAL Loft	Zumba Victoria IN PERSON AND VIRTUAL Studio	
9:15 a.m.	Barre & Pilates Pat IN PERSON AND VIRTUAL Loft	Ballet Barre Victoria IN PERSON AND VIRTUAL Loft	Essentrics Pat IN PERSON AND VIRTUAL Studio	Spin Joanne IN PERSON ONLY Loft		Essentrics Pat IN PERSON AND VIRTUAL Studio		Group Strength Kathy IN PERSON AND VIRTUAL Loft
10:15 a.m.	Essentrics Pat IN PERSON AND VIRTUAL Loft							
10:30 a.m.		Zumba Victoria IN PERSON AND VIRTUAL Studio						
10:45 a.m.	Mom & Baby Yoga Dawn IN PERSON ONLY Studio				Mom & Baby Fitness Dawn IN PERSON ONLY Studio			
12:15 p.m.			Dance Contemporary Adults Registered Class					
3:15 p.m.						Boxing (included in membership) Ray IN PERSON ONLY Loft		
4:30 p.m.	Dance Contemporary Ages 6-8 Registered Class				Dance Contemporary Ages 9-12 Starting January			
6:00 p.m.	Step Heather C IN PERSON ONLY Studio							
6:00 p.m.	Spin Joanne IN PERSON ONLY Loft	Pilates Dawn IN PERSON ONLY Loft	Spin Tiina IN PERSON ONLY Loft		Total Body HIIT 45 min. Dawn IN PERSON ONLY Loft			
6:30 p.m.	Body Blast Joanne IN PERSON Loft		Group Strength Tiina IN PERSON AND VIRTUAL Loft					
8:30 p.m.			Boys U14 Hockey Team Training Rowan					



# November Yoga Schedule

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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 AM		Rise and Shine Yoga Jackee VIRTUAL ONLY		Rise & Shine Yoga Pamela VIRTUAL ONLY			
9:00 AM							Vinyasa Flow Level 2 Amanda Level-Challenging IN PERSON ONLY
9:15 AM	Yoga Flow All Levels Jackee VIRTUAL ONLY	New Instructor Yoga Flow All Levels Effie IN PERSON AND VIRTUAL			Yin Yoga Pamela IN PERSON AND VIRTUAL	Yoga Flow Heather B IN PERSON AND VIRTUAL	
9:30 AM	Yoga Flow All Levels Stephanie IN PERSON ONLY			Yoga Flow All Levels Stephanie IN PERSON AND VIRTUAL			
10:30 AM			Yoga Flow All Levels Dawn IN PERSON AND VIRTUAL		Yoga Flow All Levels Dawn IN PERSON AND VIRTUAL		Yoga Flow All Levels Sarah IN PERSON AND VIRTUAL
10:45 AM	Mom & Baby Yoga Stephanie IN PERSON ONLY			Mom & Baby Fitness Dawn IN PERSON ONLY			
11:30 AM			30 minute Guided Meditation Dawn IN PERSON AND VIRTUAL		All Yoga classes are held in Studio One		
6:30 PM					5:30 Studio Rental		
7:00 PM	7:15PM All Levels Strength & Mobility Yoga Effie IN PERSON AND VIRTUAL	Vinyasa Flow Level-Challenging Stephanie IN PERSON AND VIRTUAL	Candlelit Flow & Unwind Level-Gentle Holly IN PERSON AND VIRTUAL	Intro to Yoga Level-Gentle Melissa IN PERSON AND VIRTUAL			
8:15 PM			New Class! 8:30-9:30PM Ladies Only Boxing Class IN PERSON ONLY		8PM Studio Rental		