



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	Group Cycle 6:15-7:00 am Joanna	Circuit 6:15 am Kevin R	HIIT Express 6:15-7:00 am Joanna	Group Cycle 6:15-7:00 am Kevin No class: Apr 2	Group Cycle 6:15-7:00 am Joanna Combat Express 6:15 am Vadim		
Cardio/Muscle 9:00 am Wyatt Zumba 10:00 am Caroline: Apr 5, 12, 26 May 10, 24, Jun 14, 21 Stephanie: Apr 19 May 3, 17, 31, Jun 7, 28	Aquafit Combo 8:30-9:15 am Alicia No class: May 18 Circuit 9:00-9:45 am Cari Lidia: Apr 27, May 18, Jun 22 Cardio/Core 9:00 am Melanie Group Cycle 9:10-9:55 am Cathy: Apr 6, 13, 20, 27 May 4, 11, 25 Jun 1, 22, 29 TBD: May 18, Jun 8, 15 Aquafit Combo 9:15-10:10 am Lindsey No class: May 18 Yoga Flow 10:00 am Susan R Priti: May 11	Aquafit Deep 8:30-9:15 am Kevin S Sculpt 9:00 am Melanie Group Cycle 9:10-9:55 am Amanda TBD: Apr 14 Aquafit Shallow 9:15-10:00 am Kevin S	Circuit 9:00-9:45 am Amanda Ashley B: Apr 15 Group Cycle 9:10-9:55 am Susan R: Apr 8, 22, May 6 TBD: Apr 1, 15, 29, May 13, 20, 27, Jun 3, 10, 17, 24 ABC's Agility, Balance Coordination 9:15-9:55 am Rachelle Aquafit Combo 9:15-10:10 am Kevin: Apr 1, 15, 29, May 13, 27, Jun 10, 24 Alicia: Apr 8, 22, May 6, 20, Jun 3, 17	Aquafit Deep 8:30-9:15 am Max No class: Apr 2 Cardio/Muscle 9:00 am Amanda Ashley: Apr 16 No class: Apr 2 Aquafit Shallow 9:15-10:00 am Max No class: Apr 2	Sculpt 9:00 am Melanie Circuit 9:00-9:45 am Wyatt Group Cycle 9:10-9:55 am Amanda B Aquafit Combo 9:15-10:10 am Susan P No class: Apr 3	Interval Training 9:00 am Wyatt Aquafit Combo 9:15-10:00 am Averill TBD: May 9	
Yoga Flow 11:00 am Rose Jennifer: Apr 5 Stephanie: Jun 7	Group Cycle 10:10-10:55 am Gord Cathy: Apr 6 TBD: Jun 15 Circuit 10:00-10:45 am Cari Lidia: Apr 27, May 18 Jun 22 Strength & Stretch 11:00 am Jacquie Jennifer: Apr 6 Darlene: Jun 15	TRX Intervals 10:00 am Ashley B Zumba 10:00 am Fermel Yin Yoga 11:00 am Susan Rose: May 12 NEW Mat Pilates 11:00 pm Lara	Sculpt 10:00 am Melanie Group Cycle 10:10-10:55 am Leanne Squat & Step 11:00 am Max	TRX Intervals 10:00 am Cari Ashley B: Apr 23, Jun 25 No class: Apr 2 Zumba 10:00 am Sheila Jose: Apr 16, 23, 30, May 7, 14 No class: Apr 2 Group Cycle 10:10-10:55 am Susan R No class: Apr 2 Gentle Cycle 11:00 am Susan R No class: Apr 2 Mini Ball Mobility Stretch 11:00 am Viktoriia No class: Apr 2	H2O HITT 12:00-12:45 pm Kevin No class: Apr 3 Yin Yoga 10:00 am Susan R Stephanie: May 8 Circuit 10:00-10:45 am Wyatt Group Cycle 10:10-10:55 am Max Yin Yoga 11:00 am Susan R Stephanie: May 8	Yoga Flow 10:00 am Rose: Apr 18, May 2, 16, 30, Jun 13 Julia: Apr 11, 25, May 9, 23, Jun 6, 20 Priti: Apr 4 Group Cycle 10:10-10:55 am Raena Joanna: Apr 18, 25 TRX Intervals 11:00 am Wyatt Zumba 11:00 am Apr 10-May 1 Johnson	
Sculpt 12:00 pm Julia: Apr 12, 26 May 10, 24, Jun 7 Ashley B: Apr 5, 19 May 17, 31, Jun 14, 21, 28 Tracey: May 3 Yin Yoga 4:00 pm Jenny Abby: May 31, Jun 14, 21, 28 Stephanie: Jun 7	ABC's Agility, Balance Coordination 12:00 pm Lindsey No class: May 18 Dance Fitness for Active Adults 1:00 pm Viktoriia Fermel: Jun 29 (Zumba Gold)	H2O HITT 12:00-12:45 pm Lindsey Circuit 4:15-5:00 pm Lidia/Asheley B	Yoga Flow 12:00 pm Andrea	Strength & Stretch 12:00 pm Jacquie No class: Apr 2 Dance Fitness for Active Adults 1:00 pm Viktoriia No class: Apr 2	Mat Pilates 12:00 pm Alan	Beginner Aerobic Kickboxing 1:00-1:55 pm Vadim Advanced Aerobic Kickboxing 2:00-2:55 pm Vadim Cardio/Muscle 2:00 pm Ashley B	
	Zumba 5:30 pm Caroline Stephanie: May 4, 18 Johnson Jun 8 No class: May 18 Restorative Yoga 6:30 pm TBD Lauren: Apr 6, 13 No class: May 18 Cycle Strength 7:00-8:15 pm Joanna No class: May 18	TRX Intervals 5:30 pm Jennifer Yoga Flow 7:00 pm Evan Beginner Aerobic Kickboxing 7:00-7:55 pm Vadim Advanced Aerobic Kickboxing 8:00-8:55 pm Vadim	Circuit 5:00 pm Brenley Zumba 6:00 pm Stephanie Caroline: Apr 8 No Class: Apr 1 Yin Yoga 7:00 pm Priti Stephanie: Apr 22, 29 Cycle Strength 7:00-8:15 pm Joanna	Circuit 4:30-5:15 pm Wyatt No class: Apr 2 Cardio/Muscle 5:30 pm Jennifer No class: Apr 2 Yin Yoga 7:00 pm Alery TBD: Apr 9 No class: Apr 2 Group Cycle Themed Ride 7:00 pm Raena TBD: Apr 23 No class: Apr 2			Holiday Hours: Wednesday, April 1 Passover Day 1 8:00 am-4:00 pm Daytime classes run as scheduled Thursday, April 2 Passover Day 2 CLOSED - No Classes Friday, April 3 Good Friday CLOSED - No Classes Monday, May 18 Victoria Day 8:00 am-4:00 pm Daytime classes run as scheduled