



## GROUP FITNESS SCHEDULE

Keele (416) 633-9966

Effective June 21-September 13

MON	TUE	WED	THUR	FRI	SAT	SUN
	6:30-7:15am <b>BIKE</b> Chelsie (45 Min)					
9:30-10:15am <b>BIKE</b> Gabriela (45 min)	9:30-10:30am <b>Body Blast</b> Joanna <i>New Instructor!</i>	9:30-10:30am <b>Cardio Kick Box</b> Hali	9:30-10:30am <b>Yoga</b> Belinda	9:30-10:30am <b>Latin Jam</b> Marina	9:15-10:00am <b>BIKE</b> Joanna (45 min)	
10:15-10:40am <b>25 Min. Abs</b> Gabriela					10:00-10:45am <b>Body Blast</b> Joanna (45min)	9:30-11:00am <b>Yoga</b> Daniel (90min)
					11:00-12:00pm <b>Latin Jam</b> Paul	
EVENING CLASSES						
		5:30-5:55pm <b>25 Min. Abs</b> Hali		<p style="text-align: center;"><b>Summer Fitness Fun!</b></p> <p>Summer is here and group exercise is hot!</p> <p>Enjoy a variety of great classes this summer in our group exercise program. Make sure to take a variety of classes so that your body doesn't get to used to the same type of activity!</p> <p><b>Get Fit and Have Fun!!!</b></p> <p>If you have any questions or feedback please do not hesitate to contact me at <a href="mailto:johopeyoung@gmail.com">johopeyoung@gmail.com</a></p> <p style="text-align: center;"><a href="mailto:johopeyoung@gmail.com">johopeyoung@gmail.com</a></p>		
6:00-7:00pm <b>BIKE</b> Alex	6:00-6:30pm <b>WynnSprints</b> Josie (30 min)	6:00-7:00pm <b>Cardio Kick Box</b> Hali	6:00-7:00pm <b>Boot Camp</b> Gabriela			
7:00-8:00pm <b>Boot Camp</b> Oleksandra	6:30-7:30pm <b>Wynndurance</b> Josie	7:00-8:00pm <b>BIKE</b> Michelle	7:00-8:00pm <b>Bike</b> Gabriela			
8:00-9:00pm <b>ZUMBA®</b> Dione	7:30-9:00pm <b>Yoga</b> Daniel (90min)		8:00-9:00pm <b>Latin Jam</b> Paul			

