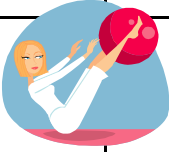
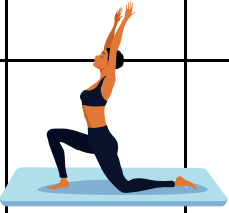


MON	TUE	WED	THUR	FRI	SAT	SUN
			6:00-6:45am BIKE Garth (45 Min) <i>New - starts April 10</i>		8:30-9:30am BIKE Sandra	
9:30-11:00am ZEN Yoga Daniel	9:30-10:15am BIKE Leanne (45 Min)		9:30-10:15am BIKE Genevieve (45 Min)			
	10:20-11:15am Body Blast Leanne		10:20-11:15am Power Pilates Genevieve		11:00-12:00pm Power Pilates Pino	
					12:00-1:00pm Ballet Sculpt Pino	
	5:30-6:25pm Boot Camp Pino <i>New- starts April 8</i>			<p>The Group Exercise classes are getting busier! As a result of this participation and your feedback on the surveys we have added more classes. The surveys unanimously indicated more evening classes and more variety. We hope you enjoy the new Cardio Kick Box, Boot Camp and Yoga with Weights classes. The 25 Minute Ab class has proved to be our most popular format at the Richmond Hill location so we have introduced that format here as well. The Main Studio will be completed early April to accommodate these classes.</p> <p>I also wanted to introduce Pino Rizzi as your new Group Exercise Manager effective April 1st. Pino's experience as a Group Exercise Manager combined with his energetic teaching style will be a great attribute to the program! I will continue to look after the Richmond Hill location and leave you in Pino's capable hands for future program planning at the Mississauga Club.</p> <p>Pat Morton - Group Exercise Manager</p>		
6:00-7:00pm BIKE Alex	6:30-6:55pm 25 Min Abs Yvonne <i>New- starts April 8</i>	6:00-7:00pm BIKE Cris	6:00-6:55pm Cardio Kick Box Yvonne <i>New- starts April 10</i>			
	7:00-8:00pm Body Blast Yvonne	7:30-9:00pm ZEN Yoga Daniel <i>New- starts April 9</i>	7:00-7:25pm 25 Min Abs Belinda <i>New- starts April 10</i>			
			7:30-8:30pm Yoga with Weights Belinda <i>New- starts April 10</i>			