



GROUP FITNESS SCHEDULE

Richmond Hill (905) 787-0007
Effective May 12th, 2008

MON	TUE	WED	THUR	FRI	SAT	SUN			
	6:00-6:45am BIKE Garth (45 Min) <i>NEW TIME</i>		6:00-6:45am BIKE Serena (45 Min) <i>NEW TIME</i>			8:00-8:45am BIKE Sue (45 Min) <i>NEW!</i>			
9:00-9:55am Boot Camp Louise	9:30-10:25am Step Kelly	9:00-9:55am BIKE Lesley	9:30-10:25am Cardio Dance Kelly	9:10-9:55am Boot Camp Pat M. (45 min)	9:00-9:55am Boot Camp Gabriella	9:00-9:55am Bike Sue			
10:00-10:55am Kundalini Yoga Diba	10:30-11:15am Pilates Kelly (45 min)	10:00-10:55am Latin Jam Esme	10:30-11:15am Body Blast Kelly (45 min)	10:00-10:25am 25 Min. Abs Pat M.	10:00-10:55am BIKE Gabriella	10:00-10:25am 25 Min Abs Tammy			
10:00-11:00am BIKE Louise				10:30-11:30am Yoga Diba	11:00-11:55pm Latin Jam Anastassia	10:30-11:15am Step Tammy (45 Min)			
	1:10-1:55pm Boot Camp Pat M. (45 Min) <i>Starts May 13!</i>	<i>NEW LUNCH HOUR CLASS!!</i>		<p>A few exciting changes for May: Check out our new Tuesday Lunch Time Class and our New Sunday 8am class! The Early Morning Classes have been moved to 6am to give you more time after your workout. Also starting the week of May 12th you will be required to pick up a Bike Pass for all of our Bike Classes. Bike Passes can be picked up at reception one hour prior to class to reserve your bike.</p> <p>Victoria Day Wknd Schedule May 17-19</p> <p>Saturday May 17 9am - Boot Camp with Gabriella 10am - Bike with Gabriella</p> <p>Sunday May 18 9am - Bike with Sue</p> <p>Monday May 19 9am - Boot Camp with Gabriella 10am - Yoga with Diba</p> <p>If you have any questions or feedback please do not hesitate to contact me at pat_morton@sympatico.ca</p> <p><i>Pat Morton - Group Exercise Manager</i></p>					
EVENING CLASSES									
6:00-6:25pm 25 Min. Abs Gabriella	6:00-6:55pm Body Blast Emma		5:30-6:25pm BIKE Sue						
6:30-7:25pm Boot Camp Gabriella	7:00-7:25pm 25 Min Abs Sara	6:30-7:25pm BIKE Sheri	6:30-7:25pm Cardio Jam Tammy						
7:30-9:00pm Power ZEN Yoga Daniel (90 min)	7:30-8:30pm BIKE Sara	7:30-9:00pm Yoga Deb (90 Min)	7:30-8:30pm BIKE Gabriella						