



GROUP EXERCISE SCHEDULE

Effective: June 28th, 2010

Club Hours
 Monday-Friday 5:00am-11:00pm
 Sat 7:00am-8:00pm
 Sun 7:00am-6:00pm
 905-275-0610

GROUP EX SCHEDULE AVAILABLE ONLINE AT WWW.FITNESSINSTITUTE.COM

FITNESS
INSTITUTE®

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		6:30 AM - 60min SPINNING Remy Spin Studio	6:30 AM - 60min POWER PILATES Tania F. Group Ex Studio	6:30 AM - 60min SPINNING Anne P. Spin Studio			*AQUA NEWS* Stay cool and fit this summer by incorporating Aqua Classes to your program! Aqua is offered everyday! You get variety and fitness with amazing instructors. Come Splash & Sweat with us!!
	9:00 AM - 30min Core...Get on the Ball! Pam Group Ex Studio	9:15 PM - 60min Skip N' Pump Marie Group Ex Studio				8:30 AM - 75min SPINNING Karen/Susan Spin Studio	
MORNING	9:30 AM - 75min Total Muscle Conditioning Pam Group Ex Studio	9:15 AM - 60min Ultimate Challenge SPINNING Kirsten Spin Studio	9:30 AM - 75min CARDIO PUMP & TONE Tania A Group Ex Studio	9:30 AM - 60min Total Muscle Pump Meika Group Ex Studio	9:30 AM - 60min TRIPLE THREAT LIZ Group Ex Studio	9:00AM - 60min KARDIO Kettle Bells Ajamu/Yvette Group Ex Studio	
	9:30 AM - 45min High Tide Aqua no lane swim Pool	9:30 AM - 45min Deep H2O Body Blast no lane swim Pool	9:30 AM - 45min Aqua Cardio Guts & Butts no lane swim Pool	9:30 AM - 45min Step it UP Aqua no lane swim Pool	9:30 AM - 45min Aqua Run-Ski-Cycle no lane swim Pool	8:15 AM-45min Sunrise Aqua Combo one lane swim Pool	10:00 AM - 45min Extreme Hydrocise Aqua one lane swim Pool
	9:30 AM - 60min SPINNING Kirsten Spin Studio	10:15 AM - 30min Ultimate Challenge LAND Kirsten Group Ex Studio		9:30 AM - 60min SPINNING Pam Spin Studio		10:00 AM - 75min CARDIO GROOVE PAUL Group Ex Studio	9:30am 60mins Beginner Yoga (1) Anne S. Group Ex Studio
	10:45 AM - 75min HATHA YOGA (1) Kiran Group Ex Studio	10:45 AM - 75min Core & Stretch Fusion Sandra Group Ex Studio		10:45 AM - 75min HATHA YOGA (2) Mieka Group Ex Studio	10:45 AM- 75min Core & Stretch Fusion Kelly/Sandra Group Ex Studio	11:30 AM - 75min FLOW YOGA (2) Kelly/ Mieka Group Ex Studio	10:45am -75mins HATHA YOGA (2) Anne S. Group Ex Studio
	12:00 PM 30 min Meditation Kiran Group Ex Studio					2:30 PM- 4:00PM Parent and Tot Swim one lane open	12:00 PM-1:30PM Parent and Tot Swim one lane open
LUNCHTIME							
		4:00 PM-7:30 PM SWIM 101 one lane swim Pool	2:30 PM - 3:30 PM Parent and Tot Swim one lane open	4:00 PM-7:00 PM SWIM 101 one lane swim Pool			
	CHECK OUT OUR NEW & EXCITING CLASSES NOW OFFERED AT LUNCH TIME						
	5:30 PM - 45min ATHLETIC CORE Tania F Group Ex Studio	5:30 PM - 60min POWER PUMP Mieka Group Ex Studio	5:30 PM - 75min <i>Pilates Fusion</i> Kelly Group Ex Studio	5:15 PM - 45min Skip N' Pump Marie Group Ex Studio	5:00 PM - 75min Flow Yoga (2) Kiran Group Ex Studio		
	6:00 PM - 60min SPINNING Ursula Spin Studio	6:15 PM - 60min SPINNING Pam Spin Studio	6:50 PM - 60min ZUMBA Mona Group Ex Studio	6:00 PM- 60min MAT PILATES Kiran Group Ex Studio			
	6:30 PM - 90min Total Body TONE Christine Group Ex Studio	6:45 PM - 75min HATHA YOGA (1) Kiran Group Ex Studio		7:00 PM- 60min Bootcamp Kyle Group Ex Studio			
EVENING		7:30 PM - 45min Muscle & Cardio Splash no lane swim Marie/Pool		7:10 PM - 45min Aqua BOOTCAMP no lane swim Marie/Pool	7:30PM - 8:30PM Parent and Tot Swim one lane open		
		8:00PM - 60min Belly Dancing Kiran Group Ex Studio	8:00PM - 60min KARDIO Kettle Bells Ajamu/Yvette Group Ex Studio	8:00PM-60min HIP HOP Alexandra Group Ex Studio			

Group Exercise News

Welcome Meghan McDonnell

Meghan is your new Group Exercise and Aquatics Director! She brings energy, experience and expertise that will only offer variety and excitement for all of you wonderful members! We are excited and lucky to have her.

NEW - Tuesdays 9:15am Skip n Pump w/Marie

COLOR CODES

YELLOW- MUSCLE/CARDIO CLASSES

RED- SPINNING

LIGHT BLUE- AQUA FITNESS, SWIM 101

PEACH- PILATES

GREEN-YOGA, STRETCH

Updates

Sunday morning Yoga-Beginner Yoga will now begin at 9:30am.Hatha Yoga will follow at 10:45am Come try out Pilates Fusion Class with the amazing and wonderful Sharon Harvey! we appreciate all the wonderful participation and want to ensure everyone has ample time to enjoy the class.

Mix up your training and stay motivated with awesome Fitness Institute Classes all summer long! Sweat,Sculpt,Shape,Lengthen,Relax and Rejuvenate with the great variety of classesavailable to you.

www.fitnessinstitute.com
=Lifeguard on duty



If you have any questions or feedback please contact your Group Ex Director,
Meghan McDonnell at ext 206