



FITNESS
INSTITUTE®

GROUP EXERCISE SCHEDULE

2235 SHEPPARD AVE EAST
NORTH YORK
(416) 491-5830

Effective: September 6, 2010.

OUR GROUP EX SCHEDULE IS AVAILABLE ONLINE AT WWW.FITNESSINSTITUTE.COM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	6:30 AM - 60min SPINNING Sham Cycle Studio	6:30 AM - 60 min PILATES FUSION Stephanie Group Ex Studio	6:30 AM - 60min SPINNING Jeff Cycle Studio	6:30 AM - 60 min PILATES FUSION Alexandra Group Ex Studio	6:30 AM - 60min SPINNING Yvonne Cycle Studio	 Changing members lives for the better	
	7:30 AM - 30min CORE FUSION Odain Group Ex Studio		7:30 AM - 30min CORE FUSION Odain Group Ex Studio		7:30 AM - 30min CORE FUSION Odain Group Ex Studio		
	9:00 AM - 60min HATHA YOGA Mar Jean Group Ex Studio	9:15 AM - 60min PILATES 1-2 Tarannum Group Ex Studio	9:15 AM - 60min STABILITY- BALL Marilyn Group Ex Studio	9:15 AM - 60min CARDIO PUMP Rosina Group Ex Studio	9:15 AM - 60min NIA Cinzia Group Ex Studio	9:00 AM - 60 min PILATES FUSION BALL Alexandra	10:00 AM 60min STEP Anne Marie/ Katherine Group Ex Studio
	9:30 AM - 45min AQUA CARDIO Simin Pool		9:30 AM - 45min AQUA FITNESS Lisa Pool		9:30 AM - 45min AQUA CARDIO Marianne Pool	9:30 AM - 60min SPINNING Rosemary Cycle Studio	11:15 AM 60 min VINYASA YOGA Edgar Group Ex Studio
	10:15 AM - 60min GENTLE FIT Marilyn Group Ex Studio	10:15 AM - 60min TOTAL BODY Tarannum Group Ex Studio	10:15 AM - 60min FLEXIBLE BODY Tarannum Group Ex Studio	10:15 AM - 60min HATHA YOGA Wendy Group Ex Studio	10:30 - 45min FLEXIBLE BODY Marianne Group Ex Studio	10:00 AM - 45min AQUA FITNESS Lisa Pool	11:30 AM - 45min AQUA FITNESS Pradeep Pool
		10:30 AM - 60min SPINNING & CORE Marilyn Cycle Studio		10:30 AM - 60min SPINNING & CORE Marilyn Cycle Studio	10:15 AM - 90min FLOW YOGA Lili Group Ex Studio		
LUNCH	11:30 AM - 45min AQUA SCULPT Simin Pool	11:30 AM - 45min AQUA FITNESS Charlene Pool	11:30 AM - 45min AQUA CARDIO Charlene Pool	11:30 AM - 45min AQUA SCULPT Charlene Pool	11:30 AM - 45min WATER RUNNING Marianne Pool	Saturday & Sunday Family Swim 3 - 5 PM 1 swimming pool lane open	
	12:00 PM - 45min SPINNING Marilyn Cycle Studio	12:00 PM - 60min POWER PILATES Victoria Group Ex Studio	12:00 PM - 45min CYCLING CHALLENGE Stephanie	12:00 PM - 60min PILATES FUSION Stephanie Group Ex Studio	12:00 PM - 45min SPINNING Marilyn Cycle Studio		
					12:00 PM - 60min ZUMBA Victoria Group Ex Studio		
EVENING	5:15 PM - 60min HATHA YOGA Wendy Group Ex Studio	5:30 PM - 45min MUSCLE CONDITIONING Rosemary	5:30 PM - 60min FLOW YOGA Stephanie Group Ex Studio	5:30 PM - 60min KICKBOX CARDIO Shelly Group Ex Studio			
	5:30 PM - 45min CYCLING CHALLENGE Stephanie	6:30 PM - 45min SPINNING Rosemary Cycle Studio	5:30 PM - 60min CYCLING CHALLENGE Martin	6:30 PM - 60min CYCLING CHALLENGE Martin			
	6:30 PM - 60min PILATES FUSION Stephanie Group Ex Studio	6:30 PM - 60min CARDIO JAM Richard Group Ex Studio	6:30 PM - 60min STEP Katherine Group Ex Studio	6:30 PM - 60min POWER YOGA Alexandra Group Ex Studio			
	6:00 PM - 90min MASTERS SWIM Kyle Pool	7:00 PM - 45min AQUA FITNESS Pradeep Pool	6:00 PM - 90min MASTERS SWIM Kyle Pool				
	7:30 PM - 60min NIA Cinzia Group Ex Studio	7:30 PM - 60min TAI CHI Shirley Group Ex Studio	7:30 PM - 60min Karate Shane Group Ex Studio	7:30 PM - 60min ZUMBA Rina Group Ex Studio			

Shimmy into shape with belly dancing

Join Jasmine El Jardali weekly for a high energy aerobic dance workout with a twist!

Starting October!
Day and time TBA

Contact **Stephanie Goodman** your Group Exercise Director at: sgoodman@fitnessinstitute.com with any questions regarding our program.

"Do more than exist, live"
John H. Rhoades

