





GROUP FITNESS CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00AM - 7:45AM	SUPER CIRCUIT (LAURA)	BOOTCAMP (LISA)	SUPER CIRCUIT (LAURA)	BOOTCAMP (LISA)	SUPER CIRCUIT (LAURA)
8:00AM - 9:00AM		YOGA (LISA) * PLEASE BRING YOUR OWN YOGA MAT		YOGA (LISA) * PLEASE BRING YOUR OWN YOGA MAT	
10:30AM - 11:30AM			PILATES (LISE)		
12:00PM - 12:55PM	YOGA (JENN) * PLEASE BRING YOUR OWN YOGA MAT	TOTAL BODY CONDITIONING (JENN)	YOGA (JENN) * PLEASE BRING YOUR OWN YOGA MAT	TOTAL BODY CONDITIONING (HELENA)	EASTERN DANCE FUN FUSION (LESLIE)
1:00PM - 1:55PM	TOTAL BODY CONDITIONING (HELENA)	ABSOLUTE ABS 1:00PM - 1:30PM (JENN)			
4:30PM - 5:30PM	BOOTCAMP (HEATHER)	YOGA (MARLENE) * PLEASE BRING YOUR OWN YOGA MAT	BOOTCAMP (HEATHER)	YOGA (MARLENE) * PLEASE BRING YOUR OWN YOGA MAT	

FITNESS CLASSES WILL RUN SEPTEMBER 14TH - DECEMBER 4TH

***NO CLASSES OCTOBER 12TH AND NOVEMBER 11TH**

FITNESS CLASSES ARE DROP IN - NO REGISTRATION REQUIRED



**CAMPUS
RECREATION**

**ALL FITNESS CLASSES ARE IN CLASSROOM E310
IN THE NEW CENTRE OF LEARNING**