





# GROUP FITNESS CLASSES

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

**FITNESS CLASSES WILL RUN SEPTEMBER 14<sup>TH</sup> - DECEMBER 4<sup>TH</sup>**

**\*NO CLASSES OCTOBER 12<sup>TH</sup> AND NOVEMBER 11<sup>TH</sup>**

**FITNESS CLASSES ARE DROP IN - NO REGISTRATION REQUIRED**



**CAMPUS  
RECREATION**

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