

SUMMER Group Fitness Schedule

August 1 - 10, 2019



We are excited to be co-hosting the Women's Lacrosse U19 World Championships from August 1-10 this summer!
Follow event details and learn more about this incredible event at:
<https://2019u19wclax.wordpress.com>



THE ATHLETICS CENTRE
HOME OF THE TRENT EXCALIBUR

* updated June 11, 2019

Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	Bailey Fitness Studio - 1	Fitness Studio 2	Bailey Fitness Studio - 1	Fitness Studio 2	Bailey Fitness Studio - 1	Fitness Studio 2	Bailey Fitness Studio - 1	Fitness Studio 2	Bailey Fitness Studio - 1	Fitness Studio 2	Bailey Fitness Studio - 1	Fitness Studio 2
7:00am												
8:00am	Yoga - Hatha Stacy	Women's Lacrosse U19 World Championships using FS2 all day 	Yoga - Hatha Tiina		Yoga - Vinyasa Stacy		HIIT Stacy		Yoga - Restorative Stacy			
9:00am	SUMMER CAMP		SUMMER CAMP	Pole walking Stacy OUTSIDE	SUMMER CAMP		SUMMER CAMP	Pole walking Stacy OUTSIDE	SUMMER CAMP			
10:00am	On The Move Stacy		Osteo-Fitness Sue		On The Move Stacy		Osteo-Fitness Sue		On The Move Stacy		NINJA KIDS	
11:00am	Gentle Strength & Stretch Stacy		Yoga - Gentle Sue	Women's Lacrosse U19 World Championships using FS2 all day 	Yoga - Senior Stacy	Women's Lacrosse U19 World Championships using FS2 all day 	Yoga - Gentle Sue	Women's Lacrosse U19 World Championships using FS2 all day 	Gentle Strength & Stretch Stacy	Women's Lacrosse U19 World Championships using FS2 all day 		Women's Lacrosse U19 World Championships using FS2 all day
12:00pm	SPIN Stacy		Yoga - Vinyasa Sue		Simply Strength Stacy		NIA Technique Elizabeth		Yoga - Hatha Tiina / Sasha			
1:00pm	Step & Pump Stacy		Yoga - Hatha Sue		Cardio & Core Stacy		Power Hips Elizabeth		Yoga - Gentle Tiina / Sasha			
2-4pm	SUMMER CAMP		SUMMER CAMP		SUMMER CAMP		SUMMER CAMP		SUMMER CAMP			
4:00pm			Core Lisa									
5:00pm	Sculpt & Burn Ryan				NIA Technique Elizabeth							
6:00pm	Boot Camp Ryan		Judo		Judo		Judo		Judo			
7:00pm	Judo											

We also offer AquaFit classes 5 days a week! Check our pool schedule for details

*** Your favourite Zumba, Bellydancing, SoulBody and Pilates classes will all be returning in September! Watch for our Fall Group Fitness Class schedule***