

# SUMMER Group Fitness Schedule

July 2 - July 31, 2019  
August 11 - 31, 2019

\* see other schedule for August 1-10, 2019 while we are hosting the  
2019 Women's Lacrosse U19 World Championships



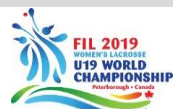
THE ATHLETICS CENTRE  
HOME OF THE TRENT EXCALIBUR

\* 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	Strength & Stretch Barb	Yoga - Hatha Stacy		Yoga - Hatha Tiina	Yoga - Vinyasa Stacy		HIIT Stacy		Yoga - Restorative Stacy			
9:00am		SUMMER CAMP	Pole walking Stacy	SUMMER CAMP		SUMMER CAMP	Pole Walking Stacy	SUMMER CAMP		SUMMER CAMP		Yoga Lisa
10:00am	On The Move Stacy		Osteo-Fitness Sue		On The Move Stacy		Osteo-Fitness Sue		On The Move Stacy			Core Anthony
11:00am	SUMMER CAMP	Gentle Strength & Stretch Stacy	SUMMER CAMP	Yoga - Gentle Sue	SUMMER CAMP	Yoga - Senior Stacy	SUMMER CAMP	Yoga - Gentle Sue	SUMMER CAMP	Gentle Strength & Stretch Stacy		Boot Camp Anthony
12:00pm	SPIN Stacy		NIA Technique Elizabeth	Yoga - Vinyasa Sue	Simply Strength Stacy		NIA Technique Elizabeth	Yoga - Hatha Sue	SPIN Stacy	Yoga - Hatha Tiina / Sasha		
1:00pm	Step & Pump Stacy		Power Hips Elizabeth	Yoga - Hatha Sue	Cardio & Core Stacy		Power Hips Elizabeth	Yoga - Vinyasa Sue	Simply Strength Stacy	Yoga - Gentle Tiina / Sasha		
2-4pm	SUMMER CAMP	SUMMER CAMP	SUMMER CAMP	SUMMER CAMP	SUMMER CAMP	SUMMER CAMP	SUMMER CAMP	SUMMER CAMP	SUMMER CAMP	SUMMER CAMP		
4:00pm				Core Lisa								
5:00pm	Sculpt & Burn Ryan			HIIT Lisa		NIA Technique Elizabeth		Bootcamp Debbie				
6:00pm	Boot Camp Ryan									Yoga - Hatha Frank		
7:00pm				Yoga - Hatha Frank				Yoga - Hatha Frank				

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



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>