

# Winter Group Fitness Schedule

## January 7-April 27, 2019



THE ATHLETICS CENTRE  
HOME OF THE TRENT EXCALIBUR

\* updated January 28, 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				Power Pilates Janice				Power Pilates Janice				
8:00am		Yoga - Hatha Stacy	Total Body Conditioning Barb - starts Feb 14 *	Yoga - Hatha Stacy/Tiina	SPIN Ashley	Yoga - Vinyasa Stacy	HIIT Stacy			Yoga - Restorative Stacy		
9:00am			Gentle Strength & Stretch Stacy				Gentle Strength & Stretch Stacy					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	Gentle Strength & Stretch Stacy		Yoga - Gentle Sue		Zumba Shaoling	Yoga - Senior Stacy	Yoga - Gentle Sue	Belly Dancing Janel	Gentle Strength & Stretch Stacy			Boot Camp Anthony
12:00pm	SPIN Stacy	Power Pilates Janice	NIA Technique Elizabeth	Yoga - Vinyasa Sue	Cardio & Core Stacy	Power Pilates Janice	NIA Technique Elizabeth	Yoga - Hatha Sue	SPIN Stacy	Yoga - Hatha Tiina / Sasha		
1:00pm	Step & Pump Stacy	Pilates Mat Class Janice	Power Hips Elizabeth	Yoga - Hatha Sue	Simply Strength Stacy	Pilates Mat Class Janice	Power Hips Elizabeth	Yoga - Vinyasa Sue	Simply Strength Stacy	Yoga - Gentle Tiina / Sasha		
4:00pm	Pilates Mat Class Janice			Core Lisa				Core CANCELLED				
5:00pm	Sculpt & Burn Ryan		Power Pilates Janice	HIIT Lisa		HulaHooping Sue		Bootcamp Debbie				
6:00pm	Boot Camp Ryan							Total Body Conditioning Debbie				
7:00pm				Yoga - Hatha Frank				Yoga - Hatha Frank		Yoga - Hatha Frank		

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