



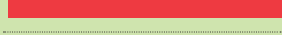
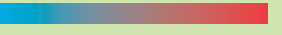
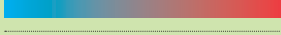

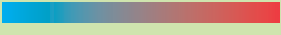












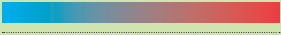
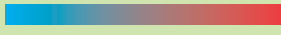



# GROUP FITNESS

## FALL 2018

### SEPT 4 - DEC 22

MON	TUES	WED	THURS	FRI	SAT
12:10pm <b>BOOTCAMP</b> MPR   50 min   Candy 	6:30am <b>INDOOR CYCLING</b> RR   50 min   Heather 	7:00am <b>MORNING MAT BLAST</b> HS   45 min   Amanda 	6:30am <b>INDOOR CYCLING</b> RR   50 min   Amanda 	12:10pm <b>BYOG BOOTCAMP</b> MPR   50 min   Hilary/Lauren 	8:30am <b>INDOOR CYCLING</b> RR   60 min   Various 
12:10pm <b>CYCLING EXPRESS</b> RR   40 min   Hilary/Paul 	12:10pm <b>CARDIO SCULPT</b> MPR   50 min   Paul 	12:10pm <b>GROUP RX RIP</b> MPR   50 min   Paul 	12:10pm <b>STEP</b> MPR   50 min   Paul/Lauren 	12:10pm <b>ZUMBA®</b> HS   50 min   Stephanie 	
3:45pm <b>CYCLING EXPRESS</b> RR   40 min   Amanda 	12:10pm <b>DEEP WATER AQUAFIT</b> SMA Pool   40 min   Molly/Lauren 	12:10pm ♥ <b>CYCLING EXPRESS</b> RR   40 min   Kit 	12:10pm <b>FLEX &amp; FLOW</b> HS   50 min   Wendy 		
5:00pm <b>SIMPLE STRETCH</b> HS   60 min   Wendy 	12:10pm <b>CENTRE FIT+</b> HS   50 min   Wendy 	5:00pm <b>HIIT &amp; FFC</b> MPR   60 min   Hilary 	12:10pm <b>DEEP WATER AQUAFIT</b> SMA Pool   40 min   Amanda/Paul 		
5:30pm ♥ <b>INDOOR CYCLING</b> RR   50 min   Heather 	5:30pm <b>INDOOR CYCLING</b> RR   50 min   Kit 		6:30pm <b>BOOTCAMP</b> MPR   60 min   Candy 		
	6:30pm <b>MUSCLE MIX</b> MPR   60 min   Amanda 				
	7:30pm <b>ZUMBA®</b> HS   60 min   Stephanie 				

**All classes are free for base, combined & student members!**

Instructors are subject to change without notice. URec trains certified group fitness instructors. New instructors may teach some, or all, of a class.

**LOCATIONS:**

- HS:** Hatheway Family Fitness Studio (2nd Floor CURRIE CENTER)
- RR:** Reilly Family Spin Room (3rd Floor, CURRIE CENTER)
- MPR:** Multi-Purpose Room (2nd Floor CURRIE CENTER)
- SMA Pool:** Sir Max Aitken Pool, Lady Beaverbrook Gymnasium

**INTENSITY LEVEL INDICATOR**

MILD 

MODERATE 

INTERMEDIATE 

CHALLENGING 

HEART RATE MONITOR CLASS ♥

