

GROUP FITNESS

SUMMER 2018

JULY 3 - SEPT 1

MON	TUES	WED	THURS	FRI
12:10pm BOOTCAMP MPR 50 min Mahdi 	12:10pm CARDIO SCULPT MPR 50 min Paul 	7:00am MORNING MAT BLAST HS 45 min Amanda 	6:30am INDOOR CYCLING RR 50 min Amanda 	12:10pm BYOG BOOTCAMP MPR 50 min Hilary 
12:10pm CYCLING EXPRESS RR 40 min Paul/Lauren 	5:30pm INDOOR CYCLING RR 50 min Kit 	12:10pm GROUP RX RIP MPR 50 min Paul 	12:10pm STEP MPR 50 min Paul/Lauren 	
5:00pm SIMPLE STRETCH HS 60 min Wendy 	6:30pm BOOTCAMP MPR 60 min Megan 	12:10pm CYCLING EXPRESS RR 40 min Kit 	12:10pm FLEX & FLOW HS 50 min Wendy 	
		5:00pm HIIT & FFC MPR 60 min Hilary 	6:30pm MUSCLE MIX MPR 50 min Megan 	

All classes are free for base and combined members! No pre-registration is required!

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)

INTENSITY LEVEL INDICATOR

MILD 

MODERATE 

INTERMEDIATE 

CHALLENGING 

