

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

8 a.m.

◆ Get Fit & Strong!
8-8:45 a.m.

8:45 a.m.

◆ Get Lean!
8:45-9:30 a.m.

9 a.m.

✦ Healthy Fit Kids
9-10 a.m.

9:30 a.m.

▲ BARRE
9:30-10:30 a.m.▲ Ready to Lose
9:30-10:15 a.m.

6 p.m.

✦ Aerial Yoga
6-7 p.m.

6:15 p.m.

◆ Get Lean!
6:15-7 p.m.◆ Get Lean!
6:15-7 p.m.

6:30 p.m.

◆ Ready to Lose
6:30-7:15 p.m.◆ Ready to Lose
6:30-7:15 p.m.

7 p.m.

◆ Get Fit & Strong!
7:15-8 p.m.◆ First Strike
Kickboxing
7-8 p.m.◆ Get Fit & Strong!
7:15-8 p.m.**LOCATION GUIDE**

◆ Fitness Training Studio

● Fieldhouse

■ Studio 2

▲ Studio 3

✦ Room 100

For registration,
please visit the fitness desk.**BARRE**

This creative workout blends elements of ballet, Pilates and strength training. Alternate between intervals of strength work cardio!

Age	Location	Fee
18Y & up	Vaughan	\$35(M) / \$50(R) / \$65(N)

Day	Date	Time	Code
M	March 2 - April 6	9:30-10:30 a.m.	431406-01
M	April 13 - May 18	9:30-10:30 a.m.	431406-02

FIRST STRIKE KICKBOXING

Learn the technical and fundamental aspects of punching, striking and kicking while improving flexibility, cardio health and confidence.

Age	Location	Fee
16Y & up	Vaughan	\$45(M) / \$60(R) / \$70(N)

Day	Date	Time	Code
Tu	March 31 - May 5	7-8 p.m.	431411-01
Tu	May 12 - June 16	7-8 p.m.	431411-02

GET LEAN!

Get intense cardio and strength workouts with small group training featuring HIIT by a certified personal trainer.

Age	Location	Fee
16Y & up	Vaughan	\$50(M) / \$60(R) / \$70(N)

Day	Date	Time	Code
Tu/Th/Sa	March 3 - 28		431416-01
Tu/Th/Sa	March 31 - April 25	Tu/Th: 6:15-7 p.m. Sa: 8:45-9:30 a.m.	431416-02
Tu/Th/Sa	April 28 - May 23		431416-03

READY TO LOSE

Small group training is focused on weight loss and body fat reduction. This class combines exercises and equipment to burn fat.

Age	Location	Fee
16Y & up	Vaughan	\$50(M) / \$60(R) / \$70(N)

Day	Date	Time	Code
M/W/Sa	March 2 - 28		431417-01
M/W/Sa	March 30 - April 20	M/W: 6:30-7:15 p.m. Sa: 9:30-10:15 a.m.	431417-02
M/W/Sa	April 27 - May 23		431417-03

GET FIT & STRONG!

Small group training is focused on increasing strength with compound movements with the use of equipment and bodyweight.

Age	Location	Fee
16Y & up	Vaughan	\$50(M) / \$60(R) / \$70(N)

Day	Date	Time	Code
M/W/Sa	March 2 - 28		431417-01
M/W/Sa	March 30 - April 20	M/W: 7:15-8 p.m. Sa: 8-8:45 a.m.	431417-02
M/W/Sa	April 27 - May 23		431417-03

AERIAL YOGA

Practice yoga with the support of a soft fabric hammock to explore, refine and advance traditional asanas. No experience required.

Age	Location	Fee
18Y & up	Vaughan	\$65(M) / \$70(R) / \$105(N)

Day	Date	Time	Code
Tu	March 21 - May 5	6-7 p.m.	401408-03

CANDLELIGHT FLOW YOGA

Relax with gentle flow yoga. Tranquil music and candlelight help focus on body awareness, and calm the mind and soul.

Age	Location	Fee per class
18Y & up	Vaughan	\$10(M) / \$15(R) / \$20(N)

Day	Date	Time	Code
F	March 6 & 20, April 3 & 17	7-8 p.m.	431419 (01-04)