

FITNESS SCHEDULE

APRIL 1 – JUNE 30, 2019

SUN	MON	TUES	WED	THURS	FRI	SAT
	Spin 6am – 7am (ends Apr 29)	Full Body Barbell 6am – 7am		Spin 6am – 7am	Childminding Available See Hours on Page 5	
			Dynamic Yoga 7:15am – 8:15am	Circuit 7:15am – 8:15am		
	Circuit 8am – 9am	Step 8am – 9am	Circuit 8am – 9am			
					Exercise and Socialize 8:30am – 10am	
	Step 9:15am – 10:15am	Total Barre™ 9:15am – 10:15am	HIIT: Box Style 9:15am – 10:15am	Total Body Conditioning 9:15am – 10:15am	Full Body Barbell 9:15am – 10:15am	Triple Threat 9:15am – 10:15am
Sunday Morning Yoga 10:30am – 12pm	Parent and Baby 10:30am – 11:30am	Hatha Flow Yoga 10:30am – 11:45am	Parent and Baby 10:30am – 11:30am	Hatha Flow Yoga 10:30am – 11:45am	Dynamic Yoga 10:30am – 11:30am	Hatha Flow Yoga 10:30am – 12pm
	Body Sculpt 12:10 – 12:55pm	Rear in Gear 12:10 – 12:55pm	Core Conditioning 12:10 – 12:55pm	Step 12:10 – 12:55pm	Total Barre™ 12:10 – 12:55pm	
	60's Dance Party 1:30pm – 2:30pm	Chair Yoga 1:30pm – 2:30pm	60's Dance Party 1:30pm – 2:30pm	Balance and Mobility 1:15pm – 2:15pm	<ul style="list-style-type: none"> ● NDCC Studio ● NDCC Weight Room ● NDCC Arena Concourse ● Lakeside Park Paddle Centre <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> Drop In Classes included when you pay admission </div>	
	HIIT360 5:15pm – 6:15pm	Spin 5:15pm – 6:15pm	Step 5:15pm – 6:15pm	Triple Threat 5:15 pm – 6:15 pm		
		Zumba 6:30pm – 7:30pm		Zumba 6:30pm – 7:30pm		
	Classical Hatha Yoga 7:30pm – 9pm		Classical Hatha Yoga 7:30pm – 9pm		Restorative Yoga 7:30pm – 9pm	

Age requirement is 13 yrs