

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Group Cycle</b> 6:15-7:00 am Joanna	<b>TRX Intervals</b> 6:15 am Averill	<b>HIIT Express</b> 6:15-7:00 am Joanna		<b>Group Cycle</b> 6:15-7:00 am Joanna	
<b>Group Cycle</b> 9:15-10:00 am Lindsey	<b>Group Cycle</b> 9:15-10:00 am Gord Amanda: Sep 12, 19, Oct 10, Dec 26  <b>Aquafit Combo</b> 9:15-10:15 am Ashley Kevin: Sept 12  <b>Yoga Flow</b> 10:00 am Susan Rose: Dec 19, 26  <b>Circuit</b> 10:00-10:45 am Scott	<b>Aquafit Deep</b> 8:30-9:15 am Kevin Mary: Sep 6 TBD: Oct 11, 17  <b>Sculpt</b> 9:00 am Melanie  <b>Aquafit Shallow</b> 9:15-10:00 am Kevin Mary: Sep 6 TBD: Oct 11, 17	<b>Bosu Strength</b> 9:00 am Morrisa: Sep 7, 14, Oct 19, Nov 2, 16, 30, Dec 21, 28 Amanda: Sep 21, 28, Oct 5, 12, 26, Nov 9, 23, Dec 7, 14  <b>Group Cycle</b> 9:15-10:00 am Susan Amanda: Sep 7, Oct 19, Dec 21, 28  <b>Aquafit Combo</b> 9:15-10:15 am Ashley Kevin: Sep 7	<b>Aquafit Deep</b> 8:30-9:15 am Max TBD: Oct 20, Dec 29  <b>Cycle/Strength</b> 8:30-9:45 am Alex  <b>Cardio/Muscle</b> 9:00 am Amanda  <b>Aquafit Shallow</b> 9:15-10:00 am Max TBD: Oct 20, Dec 29	<b>Aquafit Combo</b> 9:15-10:15 am Mary TBD: Sep 30  <b>Sculpt</b> 9:00 am Melanie  <b>Group Cycle</b> 9:15-10:00 am Amanda Susan - Oct 14	<b>Interval Training</b> 9:00 am Lindsey - Sep 10, 17, 24 TBD: Oct-Dec  <b>Aquafit Combo</b> 9:15-10:00 am Averill
<b>Zumba</b> 10:00 am Caroline  <b>Yoga Flow/Yin</b> 11:00 am Rose V Lindsey: Sep 18	<b>Strength &amp; Stretch</b> 11:00 am Jacquie Melanie: Sep 12, 19, Dec 26  <b>Group Cycle</b> 10:15-11:00 am Gord TBD: Sep 12, 19, Oct 10, Dec 26	<b>Zumba</b> 10:00 am Fermel Sheila: Oct 25, Nov 1, 8, 15  <b>TRX Intervals</b> 10:00 am Tracey Scott: Sep 6, 13, 20  <b>Yin Yoga</b> 11:00 am Susan Rosa: Sep 6 Rose: Dec 20, 27	<b>Sculpt</b> 10:00 am Melanie  <b>Circuit</b> 10:00-10:45 am Scott  <b>Group Cycle</b> 10:15-11:00 am Susan Amanda: Sep 7 TBD: Dec 21, 28  <b>Cardio Step</b> 11:00 am Max TBD: Dec 28	<b>TRX Intervals</b> 10:00 am Alex  <b>Zumba</b> 10:00 am Sheila	<b>Yin Yoga</b> 10:00 am Susan Rosa: Sep 9 Rose: Dec 23, 30  <b>Circuit</b> 10:00-10:45 am Tracey Scott: Sep 9, 16, 23  <b>Group Cycle</b> 10:15-11:00 am Max TBD: Oct 21 Ashley: Dec 30	<b>Yoga Flow</b> 10:00 am Rose: Sep 10, 24, Oct 8, 22, Nov 5, 19, Dec 3, 17, 31 Julia: Sep 17, Oct 1, 15, 29, Nov 12, 26, Dec 10, 24  <b>Group Cycle</b> 10:15-11:00 am Joanna  <b>TRX Intervals</b> 11:00 am Tracey Lindsey: Sep 10, 17, 24
<b>Sculpt</b> 12:00 pm Lindsey: Sep 11, 25, Oct 9 Julia: Sep 18, Oct 2, 16, 30, Nov 13, 27, Dec 11 Liz: Oct 23, Nov 6, 20, Dec 4, 18	<b>Mat Pilates</b> 12:00 pm Rosa  <b>Circuit</b> 12:00 pm Lindsey	<b>Cardio/Muscle</b> 12:00 pm Melanie	<b>Yoga Flow</b> 12:00 pm Andrea	<b>Strength &amp; Stretch</b> 12:00 pm Jacquie Melanie: Sep 15	<b>Mat Pilates</b> 12:00 pm Alan  <b>Circuit</b> 12:00 am Lindsey	
	<b>Zumba</b> 5:30 pm Caroline	<b>TRX Intervals</b> 5:30 pm Scott		<b>Cycle Express</b> 5:00-5:30 pm Cari  <b>Bosu Strength</b> 5:30 pm Julia: Sep 8, 22, Oct 6, 20, Nov 3, 17, Dec 1, 15, 29 Scott: Sep 15, 29, Oct 13, 27, Nov 10, 24, Dec 8, 22	<b>Yoga Flow/Yin</b> 5:30 pm Maria	
	<b>Cycle Strength</b> 7:00-8:15 pm Joanna	<b>Yoga Flow</b> 7:00 pm Andrea	<b>Cycle Strength</b> 7:00-8:15 pm Joanna	<b>Yin Yoga</b> 7:00 pm Evan		

**HOLIDAY HOURS**

Jewish Holiday Closures  
- No Classes:

Monday, Sep 26  
Rosh Hashanah

Tuesday, Sep 27  
Rosh Hashanah

Wednesday, Oct 5  
Yom Kippur

Holiday Hours  
8:00 am - 4:00 pm  
Daytime Classes Only:

Friday, Sep 30  
Truth & Reconciliation

Monday, Oct 10  
Thanksgiving

Saturday, Dec 24  
Christmas Eve

Monday, Dec 26  
Boxing Day

Specialty Days:

Tuesday, Oct 4  
6:00 am-3:00 pm  
Erev Yom Kippur  
Daytime classes only

Friday, Nov 11  
Remembrance Day  
1:00 pm-9:00 pm  
Evening classes only

Sunday, Dec 25  
Christmas Day  
8:00 am-4:00 pm  
No regular classes