



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	Morning Rise (60) with April Yoga Studio (HOT)		Spin (45) with Dona Spin room				
	6:00 Rise 'n' Grind (45) with Stephen Cage Starting May 8th						
8:30 AM	Aquafit (45) Suzanne		Aquafit (45) Suzanne		Aquafit (45) Mary		
9:00 AM						HIIT (45) with Amy Cage	
9:15 AM			9:15 Cardio Fusion (60) with Suzanne Studio 1		Pilates (50) with Mary Yoga Studio	Aquafit (45) Kristy	
	9:30 Walk it Off (60) Suzanne Gym				9:15 Zumba (60) with Tara Gym		
9:30 AM	Cardio Fusion (60) with Juke Studio 1	Strength and move (60) with Jeanne Studio 1	9:30 Spin (45) Jeanne/Steph Spin room	Barbell Fitness (60) with Juke Studio 1	9:30 Spin (40) Jeanne Spin room		Hatha Yoga (60) with Amy Yoga Studio
	9:30 Spin (45) Jeanne Spin room	9:30 Pilates (60) with Ivana Yoga Studio					9:30 Spin (45) Stephanie/Jeanne Spin room
10:00 AM					10:15 Weights Circuit (30) with Jeanne Studio 1	Pilates (45) With Amy/Ivana Yoga Studio	
10:30 AM			Mobility Class (45) with Greg Yoga Studio	Stretch & De-Stress (45) with Rich Yoga Studio		Knockout Strength(60) with Stephen Cage Starting May 6th	Muscle Pump (60) with Cathy Studio 1
12:00 PM					Hatha Yoga (50) with Ivana Yoga Studio (Not Hot)		
12:15 PM	Total 'Bonnie' Tone (45) Bonnie Studio 1	HIIT (45) with Kaila Cage		HIIT (45) with Kaila Cage	HIIT (45) with Kaila Cage		
	Warm Mindful Flow (45) Michelle Yoga Studio	Hot Yoga (45) with Ivana Yoga Studio					
4:30 PM							
5:15 PM							
5:30 PM	Bootcamp (45) with Maddie Cage		HIIT (45) with Maddie Cage				
6:00 PM		Metabolic Meltdown (45) with Amy Cage	3 in 1 with Kristy Studio 1	HIIT (45) with Amy Cage			
		Spin (30) with Tiina Spin room		Spin (30) with Tiina Spin room			
6:15 PM					960 Cumberland Ave, Burlington, ON L7N3J6 905-632-4800 <a href="http://www.cedarspringsclub.com">www.cedarspringsclub.com</a>  General Programs Schedule 2023- Subject to change without notice		
6:30 PM	Foundations of Yoga (60) with Ivana Yoga studio (Not Hot)	Strength Class (45) with Tiina Studio 1		Strength Class (45) with Tiina Studio 1			
6:45 PM					Club Hours Monday - Friday 5am - 11pm Saturday and Sunday 6am - 9pm Holidays 7am - 4pm		
7:00 PM		Stretch and Flow (60) with April Yoga Studio (Not Hot)	Stretch & Unwind (60) with Ivana Yoga Studio (Not Hot)	Basic Barre (50) with Andrea Yoga Studio Starting May 11th			
8:00 PM	Yoga (60) with April Yoga Studio						

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	Morning Rise (60) with April Yoga Studio (HOT)		Spin (45) with Dona Spin room		Spin (45) with Nancy Spin room		
8:30 AM	Aquafit (45) Suzanne		Aquafit (45) Suzanne		Aquafit (45) Mary		
			8:30 Zumba (45) Tara Gym				
9:00 AM						HIIT (45) with Amy Cage	
						9:00 Family Yoga (45) Angela/Ivana Yoga Studio	
9:15 AM			9:15 Cardio Fusion (60) with Suzanne Studio 1		Pilates (50) with Mary Yoga Studio	Aquafit (45) Kristy	
	9:30 Walk it Off (60) Suzanne Gym				9:15 Zumba (60) with Tara Gym		
9:30 AM	Cardio Fusion (60) with Juke Studio 1	Strength and move (60) with Jeanne Studio 1	9:30 Spin (45) Jeanne/Steph Spin room	Barbell Fitness (60) with Juke Studio 1	9:30 Spin (40) Jeanne Spin room	9:30 Spin (60) Greg Spin room	Hatha Yoga (60) with Amy Yoga Studio
	9:30 Spin (45) Jeanne Spin room	9:30 Pilates (60) with Ivana Yoga Studio					9:30 Spin (45) Stepahie/Jeanne Spin room
10:00 AM					10:15 Weights Circuit (30) with Jeanne Studio 1	Pilates (45) With Amy/Ivana Yoga Studio	
10:30 AM			Mobility Class (45) with Greg Yoga Studio	Stretch & De-Stress (45) with Rich Yoga Studio			Muscle Pump (60) with Cathy Studio 1
12:00 PM					Hatha Yoga (50) with Ivana Yoga Studio (Not Hot)		
12:15 PM	Spin (45) Greg Spin room	HIIT (45) with Kaila Cage		HIIT (45) with Kaila Cage	HIIT (45) with Kaila Cage		
	Warm Mindful Flow (45) Michelle Yoga Studio	Hot Yoga (45) with Ivana Yoga Studio					
4:30 PM	Body Blitz (60) Angela Cage						
5:15 PM			Kettlebell (45) with Kaila/Amy Studio 1				
5:30 PM	Muscle & Abs (60) with Bonnie Studio 1				Rage in the Cage Bootcamp (45) With Maria Cage		
6:00 PM		Metabolic Meltdown (45) with Amy Cage	Step with Kristy Studio 1	HIIT (45) with Amy Cage			
		Spin (30) with Tiina Spin room		Spin (30) with Tiina Spin room			
6:15 PM			TRX (45) Amy/Bonnie Cage			960 Cumberland Ave, Burlington, ON L7N3J6 905-632-4800 <a href="http://www.cedarspringsclub.com">www.cedarspringsclub.com</a>	
6:30 PM	Rage in the Cage Bootcamp (45) With Maria Cage	Strength Class (45) with Tiina Studio 1		Strength Class (45) with Tiina Studio 1		General Programs Schedule 2022 - Subject to change without notice	
	Foundations of Yoga (60) with Ivana Yoga studio (Not Hot)					Club Hours Monday - Friday 5am - 11pm Saturday and Sunday 6am - 9pm Holidays 7am - 4pm	
6:45 PM							
7:00 PM		Stretch and Flow (60) with April Yoga Studio (Not Hot)	Stretch & Unwind (60) with Ivana Yoga Studio (Not Hot)	Hot Yoga (60) with April Yoga Studio			



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM			Spin (45) with Dona Spin room				
8:30 AM	Aquafit (45) Suzanne		Aquafit (45) Suzanne		Aquafit (45) Mary		
9:00 AM						HIIT (45) with Amy Cage	
						9:00 Family Yoga (45) with April Yoga Studio	
9:15 AM			9:15 Cardio Fusion (60) with Suzanne Studio 1		Pilates (50) with Mary Yoga Studio	Aquafit (45) Kristy	
	9:30 Walk it Off (60) Suzanne Gym				9:15 Zumba (60) with Tara Pit		
9:30 AM	Cardio Fusion (60) with Juke Studio 1	Strength and move (60) with Jeanne Studio 1	9:30 Spin (45) Jeanne/Steph Spin room	Barbell Fitness (60) with Juke Studio 1	9:30 Spin (40) Jeanne Spin room	Spin (60) Greg Spin room	Hatha Yoga (60) with Amy Yoga Studio
	9:30 Spin (45) Jeanne Spin room	9:30 Pilates (60) with Ivana Yoga Studio					9:30 Spin (45) Stepahie/Jeanne Spin room
10:00 AM					10:15 Group fitness (30) with Jeanne Studio 1	Pilates (45) With Amy/Ivana Yoga Studio	
10:30 AM				Stretch & De-Stress (45) with Rich Yoga Studio			Muscle Pump (60) with Cathy Studio 1
12:00 PM					Hatha Yoga (50) with Ivana Yoga Studio (Not Hot)		
12:15 PM	Spin (45) Greg Spin room	HIIT (45) with Kaila Cage  Hot Yoga (45) with Ivana Yoga Studio		HIIT (45) with Kaila Cage			
1:45 PM			Mobility Class (45) with Rich Yoga Studio				
5:10 PM			Pilates (45) with Anita Yoga Studio				
5:30 PM	Muscle & Abs (60) with Bonnie Studio 1						
6:00 PM		Metabolic Meltdown (45) with Amy Studio 1	Step with Kristy Studio 1	HIIT (45) with Amy Cage  Spin (30) with Tiina Spin room			
6:15 PM		Spin (30) with Tiina Spin room	TRX (45) Anita Cage		"960 Cumberland Ave, Burlington, ON L7N3J6 905-632-4800 www.cedarspringsclub.com"		
6:30 PM	Yoga (60) with Ivana Yoga studio (Not Hot)			Strength Class (45) with Tiina Studio 1	 <p>General Programs Schedule 2022 - Subject to change without notice</p> <p>Club Hours Monday - Friday 5am - 11pm Saturday and Sunday 6am - 9pm Holidays 7am - 4pm</p>		
6:45 PM		Strength Class (45) with Tiina Studio 1					
7:00 PM		STRETCH AND FLOW (60) with April Yoga Studio	Stretch, Relax and meditate (60) Ivana Yoga Studio (Not Hot)	Hot Yoga (60) with April Yoga Studio			

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00			Spin (45) with Dona Spin room				
8:30	Aquafit (45) Suzanne		Aquafit (45) Sue B		Aquafit (45) Mary		
9:00						HIIT (45) with Amy Cage	
						9:00 Family Yoga (45) with April Yoga Studio	
9:15			9:15 Cardio Fusion (60) with Suzanne Temp. Studio		Pilates (50) with Mary Cage	Aquafit (45) Kristy	
					9:15 Zumba (60) with Tara Temp. Studio		
9:30	Cardio Fusion (60) with Juke Temp. Studio	Strength and move (60) with Jeanne Temp. Studio	9:30 Spin (45) Jeanne/Steph Spin room	Barbell Fitness (60) with Juke Temp. Studio	9:30 Spin (40) Jeanne Spin room		Hatha Yoga (60) with Amy Yoga Studio
	9:30 Spin (45) Jeanne Spin room	9:30 Pilates (60) with Ivana Cage					9:30 Spin (45) Stepahie/Jeanne Spin room
10:00					10:15 Group fitness (30) with Jeanne Cage	Pilates (45) With Amy/Ivana Yoga Studio	
10:30				Stretch & De- Stress (45) with Rich Temp. Studio			Muscle Pump (60) with Cathy Studio 1
12:00					Yoga (50) with Ivana (Temp. Studio) NOT HOT		
12:15		HIIT (45) with Kaila Outside		HIIT (45) with Kaila Outside			
		12:15 YOGA (45) with Ivana (Temp. Studio)					
5:00							
5:30	Muscle & Abs (60) with Cathy Studio 1	TRX Body Rock (60) with Anita/ Bonnie Cage					
5:45							
6:00		Metabolic Meltdown (45) with Amy Studio 1	Step with Kristy Studio 1	HIIT (45) with Amy Cage			
				Spin (30) with Tiina Spin room			
6:15		Spin (30) with Tiina Spin room					
6:30				Strength Class (45) with Tiina Studio 1			
	6:30 Yoga (60) with Ivana Yoga studio						
6:45		Strength Class (45) with Tiina Studio 1	Stretch, Relax and meditate (60) Ivana (yoga studio) NOT HOT				
7:00		STRETCH AND FLOW (60) with April Yoga Studio					

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General Programs  
Schedule 2022 - Subject to change without notice

**Club Hours**

Monday - Friday 5am - 9pm  
Saturday and Sunday 6am - 7pm  
Holidays 7am - 4pm

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30	Hot Yoga (60) with April Yoga Studio				<b><u>***LANE SWIM AND GROUP FITNESS SIGN UP IS REQUIRED***</u></b>		

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00			Spin (45) with Dona Spin room				
6:30							
7:00							
9:00						HIIT (45) with Amy/julia Cage	
						9:00 Family Yoga (45) with April Yoga Studio	
9:15	Walk It Off (60) with Suzanne Gym				Pilates (50) with Mary Yoga Studio	Aquafit (45) Kristy	
			9:15 Cardio Fusion (60) with Suzanne Studio 1		9:15 Zumba (60) with Tara Gym		
9:30	Cardio Fusion (60) with Juke Studio 1	Strength and move (60) with Jeanne Studio 1	9:30 Spin (45) Jeanne/Steph Spin room	Barbell Fitness (60) with Juke Studio 1	9:30 Spin (40) Jeanne Spin room	Spin (45) Nancy/Susan Spin room	Hatha Yoga (60) with Amy Yoga Studio
	9:30 Spin (45) Jeanne Spin room	9:30 Pilates (60) with Ivana Yoga Studio					9:30 Spin (45) Stepahie/Jeanne Spin room
10:00					10:15 Group fitness (30) with Jeanne Studio 1		
10:30	Aquafit (45) with Suzanne		Aquafit (45) with Sue B	Stretch & De-Stress (45) with Rich Yoga Studio	Aquafit (45) with Mary		Muscle Pump (60) with Cathy Studio 1
10:45							
12:00					Yoga (50) with Ivana (yoga studio) NOT HOT		
12:15		HIIT (45) with Kaila Cage		HIIT (45) with Julia Cage			
		12:15 HOT YOGA (45) with Ivana (Yoga Studio)		12:15 Cardio & Core (60) with Bonnie Studio 1			
4:00							
5:15			Pilates (45) with Anita Yoga Studio				
5:30	Muscle & Abs (60) with Cathy Studio 1	TRX Body Rock (60) with Anita/ Bonnie Cage					
5:45							
6:00	Spin (30) with Tiina Spin room	Metabolic Meltdown (45) with Amy Studio 1	Step with Kristy Studio 1	HIIT (45) with Amy Cage			
				Spin (30) with Tiina Spin room			
6:15							
6:30	Strength Class (45) with Tiina Studio 1			Strength Class (45) with Tiina Studio 1			
	6:30 Yoga (60) with Ivana Yoga studio						



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45			Stretch, Relax and meditate (60) Ivana (yoga studio)		<b>General Programs</b> Schedule 2022 - Subject to change without notice  <b>Club Hours</b> Monday - Friday 5am - 11pm Saturday and Sunday 6am - 9pm Holidays 7am - 4pm  <b><u>***LANE SWIM AND GROUP FITNESS SIGN UP IS REQUIRED***</u></b>		
7:00			Hatha Yoga (60) with Emma Yoga Studio				
7:30		STRETCH AND FLOW (60) with April Yoga Studio					
8:00	Hot Yoga (60) with April Yoga Studio						



	Group	Description
Aquafit	Pool	Purposeful movements to music in the water. Benefits: improves muscle and cardiovascular fitness with low injury risk.
Barbell Fitness	Fitness	This class uses a two-handed barbell to combine continuous cardiovascular activity with light to moderate weight training.
Body Pump	Fitness	This is a fast-paced, resistance workout that uses light weights and high reps. A fun class that helps burn calories and build muscle.
Cardio Fusion	Fitness	Hi - Low impact cardio movements fused with weights, makes this the perfect full body workout.
Group Fitness	Fitness	Work every part of your body under the direction of your instructor in this group class.
Family Yoga	Yoga	Relax and enjoy this yoga class for all ages, while lengthening your muscles and focusing on your breathing.
Hatha Yoga	Yoga	A class in which you focus on your breathing while moving through various yoga poses.
HIIT (45)	Fitness	"High Intensity Interval Training" (45 minutes). A workout that alternates between intense bursts of activity and fixed periods of less-intense activity.
Hot Yoga	Yoga	Work up a sweat in this yoga class, performed in a very warm and humid studio.
Karate - Adult	Fitness	In this class, improve your fitness levels while learning self defence techniques from Sensei Steve Hillmer.
Metabolic Meltdown	Fitness	This class involves completing structural and compound exercises with little rest between exercises in an effort to maximize calorie burn and metabolic rate during and after the workout.
Muscle & Abs	Fitness	This class will give you a full core workout, while building lean muscle and burning maximum calories.
Muscle Pump	Fitness	A fat burning class that uses weights to tone and condition your body.
Pilates	Fitness	The focus of this class is core stabilization, abdominal and lower back strengthening, coordination and flexibility. Exercises are performed on the floor at a slower pace and progresses in difficulty throughout the session.
Spin	Spin	An exciting studio cycling program that utilizes guided imagery and motivational techniques to prepare both mind and body for ultimate performance. Cycle at a pace suitable for your fitness level - you set the resistance meter on the bike.
Step	Fitness	In this step aerobics class, you are getting a cardio workout while stepping up, down and around your platform. This class boosts your heart rate and strengthens your muscles.
Strength Class	Fitness	Use weights to build strength and endurance in this conditioning classes.
Strength and Move	Fitness	Build strength and endurance while using resistance in this full body workout class.
Stretch and De-Stress	Yoga	Calm your mind while lengthening your muscles in this tension relieving class.
Stretch and Flow	Yoga	Focus on your breathing while lengthening your muscles in this restorative class.
Stretch, Relax and Meditate	Yoga	In this class you will loosen stiff joints and ease aching muscles while calming the mind.
TOEST	Pool	Lap pool closed
TRX Body Rock	Fitness	60-minute suspension circuit training involves body weight exercises done with the user's hands or feet supported by a single anchor point while the opposite end of the body is in contact with the ground.
Walk it Off	Fitness	A purposeful 30 minute walk around the gym's track using various arm and leg movements. Last half of the class involves 15 minutes toning trunk exercises and 15 minutes relaxation, breathing and stretch exercises.
Yoga	Yoga	This class is a mind and body practice. Various styles of yoga used to help





3 x 3	Fitness	Three workouts in one is a full body workout designed to give you the ultimate challenge and total body workout. Sweat through 15 minutes of cardio, 15 minutes of strength training, and 15 minutes of stretching and core work. A trifecta of workouts made to target the whole body; great for all levels of fitness!
Barre Basic	Fitness	A full mind body workout that focuses on low impact, high intensity movements that are musically driven for an upbeat, energetic class. Each class is designed to increase flexibility while toning and tightening for an
Zumba®	Fitness	Have a blast in this Latin inspired fitness dancing class.

<p>Suzanne is doing a walk it off trial starting on April 18 for 4 weeks April 18, 25, 2 and 9.</p>								
<p>Suzanne is doing aquafit on wednesdays starting april 20th for 4 weeks, so we have time to train Tara or Bonnie.</p>								

The purpose for the sheet titled "Schedule 4 Members" are for the older members that do not use the computers and have poor vision. Ive had plenty members (older) complain about not being able to read the schedules we have now. So I made another virson that is way easier to read and will keep both kinds of schedules at the front desk.

When classes are added or moved I / someone will make an effort to update the other as well that way we are all up to date.

A lot of the older members would appreciate this version.

Not needed to keep printed up front. Use normal schedule as usual please.

**Fitness Classes 2021 - Subject to change**



Class	Group	Description
30 HIIT	Fitness	"High Intensity Interval Training" (30 minutes). A workout that alternates between intense bursts of activity and fixed periods of less-intense activity.
30 Minute Abs	Fitness	Don't have a lot of time but want results? This is the class for you! Get the core you always wanted.
6 Pack Abs	Fitness	A 45-minute ab and core workout. The road to stronger abs that you have always wanted.
Aqua HIIT	Pool	A 30 minute high intensity interval training class in the water. Benefits: improves fitness with low injury risk.
AquaFit (even #) /Aqua Zumba (odd #)	Pool	Movements with purpose to music in the water. Benefits: improves muscle and cardiovascular fitness with low injury risk. Aqua Zumba - Latin music/moves in water.
BootyBarre / Restorative Barre	Fitness	Inspired by Ballet, this class will lengthen, strengthen, and condition muscles using small isometric movements. Tools used are light hand weights, Pilates bender balls, and resistance bands./Restorative Barre same great workout as Tuesday's Barre Fitness Class BUT a much gentler version
Cardio Fusion	Fitness	Hi - Low impact cardio movements fused with weights makes this the perfect fitness class for the whole body.
Weight for Zen	Fitness	This 60-minute class focuses on strength using barbell and dumbbell. And with a long period relaxation period.
Detox Flow	Yoga	A class that uses detox moves for the body.
Early Practice	Yoga	Vigorous align and flow style class to wake you up and get you going.
Family Zumba	Fitness	Have a blast with the whole family in this Latin-inspired, fitness dance class!
Cardio & Core	Fitness	In this core-focused class, you will be strengthening your core while focusing on balancing, and flexibility of all core muscle groups.
Kickboxing	Fitness	This is a fast-paced class that focuses on martial arts techniques while improving cardio, flexibility, and burning calories.
Pump	Fitness	This is a fast-paced, resistance workout that uses light weights and high reps. A fun class that helps burn calories and build muscle.
Walk it Off	Fitness	A purposeful 30 minute walk around the gym's track using various arm and leg movements. Last half of the class involves 15 minutes toning trunk exercises and 15 minutes relaxation, breathing and stretch exercises.
Muscle Pump	Fitness	A fat burning class that uses weights to tone and condition your body.
Beat Box	Fitness	This class is a hybrid of boxing and bootcamp to focus on cardio and muscle strengthening.
Restorative Barre	Fitness	Inspired by Ballet, this class will lengthen, strengthen, and condition muscles using small isometric movements. Tools used are light hand weights, Pilates bender balls, and resistance bands.
Gentle Yoga	Yoga	An intuitive group class that features personal modifications and emphasizes integrating mind, body, spirit and breath all within a playful and safe environment.
Karate - Adult	Fitness	
Kettlebell HIIT	Fitness	A 45-minute full body integration and core stabilization workout.
Legs Bums & Tums	Fitness	A 45-minute great all over body workout targeting the legs, bums and tums.
Metabolic Meltdown	Fitness	This class involves completing structural and compound exercises with little rest between exercises in an effort to maximize calorie burn and metabolic rate during and after the workout.
Mossa Blast ®	Fitness	A 60-minute cardio training workout that uses the STEP ® in highly effective, athletic ways. Benefits: Improve your fitness, agility, coordination and strength. Have a Blast!
Mossa Centergy ®	Fitness / Yoga	A 60-minute mind-body workout. Incorporates yoga and pilates fundamentals with athletic training. Benefits: Better balance, mobility, flexibility and a stronger core. Grow longer and stronger!
SPINtervals	Spin	A 45 minute spin training class "in the zone" using intervals.
Mossa Power ®	Fitness	High-rep weight training workout using adjustable barbell weight plates and body weight. Benefits: Makes you fitter and stronger, will get your heart rate up, make you sweat and push you to a personal best! Your hour of power!
Pace Performance	Pool	Lap pool closed
Pilates - Mat	Fitness	Focus of this class is on core stabilization, abdominal and lower back strengthening, coordination and flexibility. Exercises are performed on the floor at a slower pace and progresses in difficulty throughout the session.
Quick Fix	Fitness	In this class you focus on 30 minutes of weight training and then 15 minutes of core exercises.
Small Group TRX	Fitness	60-minute suspension circuit training involves body weight exercises done with the user's hands or feet supported by a single anchor point while opposite and end of the body is in contact with the ground. NOTE: small class, reserve spot at front desk.
Spinning	Spin	An exciting studio cycling training program that utilizes guided imagery and motivational techniques to prepare both mind and body for ultimate performance. Cycle at a pace suitable for your fitness level - you set the resistance meter on the bike.
Spin 'n Core	Spin	30 minutes of spin class followed by a 15-minute ab work and stretch. STUDIO 1/SPIN
Stretch & Meditate	Yoga	Begins with a gentle yoga practice focus on linking breathe and movement to stretch and relax the body; followed by a guided meditation to calm and still the mind.
Stretch & Restore	Fitness / Yoga	A blend of long held stretches, strengthening exercises and a few small mobility drills. Very rarely does class come to standing position.
Sweat & Shred	Fitness	A 60-minute class that uses interval training and FUN in one workout alternating between cardio and muscle conditioning.
Tabata 20's	Fitness	A fast-paced class that uses 20 second intervals of cardio and muscular components. Full body workout.
TOEST	Pool	Lap pool closed
Vinyasa Flow	Yoga	This class uses the flow between poses to cultivate physical and emotional openings.
Walk it Off	Fitness	A purposeful 30 minute walk around the gym's track using various arm and leg movements. Last half of the class involves 15 minutes toning trunk exercises and 15 minutes relaxation, breathing and stretch exercises.
Drumming	Fitness	It's the newest fitness trend. Cardio workout while pretending to play the drums.
Yin Yang	Yoga	This class uses work then release postures/yoga moves.
Fit Flow Yoga	Yoga	A Yoga Class designed with the average gym member in mind. Do not be no be a Yogie to attend.
Zumba ®	Fitness	Latin inspired fitness dancing.
Mobilize to Move	Fitness	Mobilize to Move is a class dedicated to helping restore range of motion and mobility by loosening up tight muscles and joints allowing you to move, train and recover better and be less likely to injure yourself through exercise or other daily activities.

**Adult Fitness Classes Schedule**

<p align="center"><b><u>Monday</u></b></p> <p>9:15am - Walk it off (60mins) with Suzanne (GYM)</p> <p>9:30am - Cardio Fusion (60mins) with Juke (S1)</p> <p>9:30am - Spin (45mins) with Jeanne (PIT)</p> <p>10:30 - Aquafit (45mins) with Suzanne (POOL)</p> <p>12:15pm - Spin (40mins) with Julia (PIT)</p> <p>5:30pm - Muscle &amp; Abs (60mins) with Cathy (S1)</p> <p>6:00pm - Spin (30mins) with Tiina (PIT)</p> <p>6:30pm - Strength Class (45mins) with Tiina (S1)</p> <p>6:30pm - Yoga (60mins) with Ivana (YOGA S)</p> <p>8:00pm - Hot Yoga (60mins) with April (YOGA S)</p>	<p align="center"><b><u>Tuesday</u></b></p> <p>9:30am - Strength &amp; Move (60mins) with Jeanne (S1)</p> <p>9:30am - Pilates (60mins) with Ivana (YOGA S)</p> <p>12:15pm - HIIT (45mins) with Kaila (CAGE)</p> <p>12:15pm - Hot Yoga (45mins) with Ivana (YOGA S)</p> <p>5:30pm - TRX Body Rock (60mins) with Anita (CAGE)</p> <p>6:00pm - Metabolic MeltDown (45mins) with Amy (S1)</p> <p>6:45pm - Family Zumba (45mins) with Anita (S1)</p> <p>7:30pm - Strech and Flow (60mins) with April (YOGA S)</p>	<p align="center">Not necessary to use</p>
<p align="center"><b><u>Wednesday</u></b></p> <p>6:00am - Spin (45mins) with Dona (PIT)</p> <p>9:15am - Cardio Fusion (60mins) with Suzanne (S1)</p> <p>9:30am - Spin (45mins) with Jeanne/Steph (PIT)</p> <p>10:30am - Aquafit (45mins) with Suzanne (POOL)</p> <p>12:15pm - Spin (45mins) with Julia (PIT)</p> <p>5:15pm - Pilates (45mins) with Anita (YOGA S)</p> <p>6:00pm - Step (60mins) with Kristy (S1)</p> <p>6:15pm - Kick Boxing (60mins) with Anita (CAGE)</p> <p>6:45pm - Strech Relax Meditate (60mins) with Ivana (YOGA S)</p>	<p align="center"><b><u>Thursday</u></b></p> <p>9:30am - Barbell Fitness (60mins) with Juke (S1)</p> <p>10:30am - Stretch and De-Stress (45mins) with Rich (YOGA S)</p> <p>12:15pm - HIIT (45mins) with Julia (CAGE)</p> <p>6:00pm - HIIT (45mins) with Amy (CAGE)</p> <p>6:00pm - Spin (30mins) with Tiina (PIT)</p> <p>7:00pm - Hatha Yoga (60mins) with Emma (YOGA S)</p>	
<p align="center"><b><u>Friday</u></b></p> <p>9:15am - Pilates (50mins) with Mary (YOGA S)</p> <p>9:15am - Zumba (60mins) with Tara (GYM)</p> <p>9:30am - Spin (40mins) with Jeanne (PIT)</p> <p>10:15am - Group Fitness (30mins) with Jeanne (S1)</p> <p>10:30am - Aquafit (45mins) with Mary (POOL)</p> <p>12:00pm - Yoga (50mins) with Ivana (YOGA S)</p> <p>12:15pm - Spin (45mins) with Greg (PIT)</p> <p>12:15pm - Cardio &amp; Core (60mins) with Bonnie (S1)</p>	<p align="center"><b><u>Saturday</u></b></p> <p>9:00am - HIIT (45mins) with Amy/Julia (CAGE)</p> <p>9:00am - Family Yoga (60mins) with April (YOGA S)</p> <p>9:15am - Aquafit (45mins) with Kristy (POOL)</p> <p>9:30am - Spin (45mins) with Nancy/Susan (PIT)</p> <p>10:00am - Strength Group (60mins) With Tiina/Suzanne (S1)</p> <p align="center"><b><u>Sunday</u></b></p> <p>9:30am - Hatha Yoga (60mins) with Amy (YOGA S)</p> <p>9:30am - Spin (45mins) with Steph/Jeanne (PIT)</p> <p>10:45am - Body Pump (60mins) with Cathy (S1)</p>	