

# Fort Erie Community YMCA

## Group Fitness Schedule

### beginning September 8, 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<b>YOGA FITNESS</b> 6:15-7:00am Multipurpose Room				
<b>POWER CARDIO</b> 9:15-10:15am Studio	<b>HI / LO</b> 9:15-10:15am Studio	<b>CARDIO MIX</b> 9:15-10:15am Studio	<b>BODY SCULPT</b> 9:15-10:15am Studio	<b>20 / 20 / 20</b> 9:15-10:15am Studio	<b>INSTRUCTOR'S CHOICE</b> 9:00-10:00am Studio	
	<b>YOGA FITNESS</b> 10:15-11:00am Studio	<b>CORE FUSION</b> 10:15-11:00am Studio	<b>HARD CORE</b> 10:15-11:00am Studio	<b>HARD TO RESIST FOR SENIORS</b> 10:00-11:00am Fitness Centre	<b>CORE FUSION</b> 10:00-11:00am Studio	
<b>GREAT BALLS OF FIRE</b> 5:30-6:30pm Studio	<b>BODY SCULPT</b> 5:30-6:15pm Studio	<b>BOXFIT</b> 5:30-6:30pm Studio	<b>BODY SCULPT</b> 5:30-6:15pm Studio			
			<b>YOGA FITNESS</b> 6:00-7:00pm Multipurpose			
<b>20 / 20 / 20</b> 6:30-7:30pm Studio	<b>STEP</b> 6:15-7:15pm Studio	<b>CORE FUSION</b> 6:30-7:15pm Studio	<b>STEP</b> 6:15-7:15pm Studio			
	<b>ABS BLAST</b> 7:15-7:30pm Studio		<b>ABS BLAST</b> 7:15-7:30pm Studio			
<b>MULTIPURPOSE ROOM 2 (upstairs)</b>						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>CYCLEFIT</b> 6:15-7:00am		<b>CYCLEFIT</b> 6:15-7:00am			
<b>CYCLEFIT</b> 9:15-10:00am				<b>CYCLEFIT</b> 9:15-10:00am	<b>CYCLEFIT</b> 9:15-10:00am	<b>CYCLEFIT</b> 9:15-10:00am
<b>CYCLEFIT</b> 6:00-6:45pm		<b>CYCLEFIT</b> 6:00-6:45pm				
<b>POOL</b>						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>AQUAJOG</b> 8:30-9:15am	<b>AQUAJOG</b> 8:30-9:15am	<b>AQUAJOG</b> 8:30-9:15am	<b>AQUAJOG</b> 8:30-9:15am	<b>AQUAJOG</b> 8:30-9:15am		
<b>AQUAFIT</b> 9:15-10:00am	<b>AQUAFIT</b> 9:15-10:00am	<b>AQUAFIT</b> 9:15-10:00am	<b>AQUAFIT</b> 9:15-10:00am	<b>AQUAFIT</b> 9:15-10:00am		
	<b>AQUAFIT</b> 6:30-7:15pm		<b>AQUAFIT</b> 6:30-7:15pm			

\*All Classes Subject To Change Without Notice

\*Classes will not be offered on holidays