

FITNESS SCHEDULE - WINTER 2012

Weeks of: Jan 9, Jan 16, Jan 23, Jan 30 & Mar 26

Weeks of: Jan 9, 16, 23, 30, Feb 6, 13, Mar 5, 19 & 26

CINDY BEDARD - FITNESS COORDINATOR

ALL CLASSES ARE COED AND MULTI-LEVEL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Student Athletics Centre Hours	7am - 11pm	7am - 11pm	7am - 11pm	7am - 11pm	7am - 11pm	10am - 6pm	10am - 6pm
11:35 AM to 12:20 PM	Zumba Shauna		Cycling Emily				
12:35 PM to 1:20 PM		Muscle Up! Aly	Zumba Lexi/Shaua	Muscle Up! Aly	Zumba Shauna		
4:30 PM to 5:30 PM	Muscle Sandra	Cycling Sandra	Zumba Shauna	Cardio/ Dance Mix Holly			
5:30 PM to 6:30 PM	Cycling Sandra	Muscle Sandra	Boot Camp Sandra				
6:30 PM to 7:30 PM		Cardio Kickboxing Lisa	Muscle Up! Crystal				
7:30 PM to 8:30 PM			Zumba Lexi				

Class descriptions on back of schedule.

Schedule subject to change due to school events...sorry for any inconvenience.

Boot Camp - thrills, drills and more. Come out and try it! **Cardio**

Kickboxing - Easy to follow cardio and muscle conditioning movements with a flare of martial arts.

Muscle Up! - A group personal training session using resistance equipment - greatly assists in fat loss, the prevention of osteoporosis and improves strength - great for both men and women.

Muscle - anything goes...come and get strong!

Cardio - A traditional fitness class consisting of hi/low impact with light muscle conditioning and abdominal work.

Cardio/Dance Mix - Wanna move? Wanna groove? Come out and have some fun learning easy to follow dance steps by a professionally trained Dance Instructor.

Yoga - A gentle non-competitive approach to physical fitness utilizing strength, flexibility and stamina. Proper body alignment, breathing and specific Yoga techniques will also be taught throughout the program.

Zumba - It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party.