


GROUP FITNESS SCHEDULE

JANUARY 8 – MARCH 18, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 – 6:30 am Fit Express Anne	5:45 – 6:30 am Spinning Heather	5:45 – 6:30 am Fit Express Anne	5:45 – 6:30 am Spinning Heather	5:45 – 6:30 am Fitquest Nicole		
9:15 – 10:15 am Cardio Intensity Lisa	9:15 – 10:15 am Abs + Anne	9:15 – 10:15 am Tone Up Monja	9:15 – 10:15 am Tabata Anne	9:15 – 10:15 am Interval Rachel	9:00 – 10:00 am Jan – Drums Alive Feb – Spinning Mar – Kickboxing	10:00 – 11:00 am Karma Yoga Jan 13, Feb 10, Mar 10
10:45 – 11:45 am Yoga Flow Cara	10:45 – 11:35 am Fit Basics Anne	10:45 – 11:45 am Drums Alive Chantal	10:45 – 11:35 am Fit Basics Anne	9:45 – 10:35 am Spinning Diane/ Heather		
	12:10 – 12:55 pm Spinning Diane			10:45 – 11:45 am Yoga Stretch Perry		
6:00 – 7:00 pm Fitquest Evan	5:45 – 6:15 pm Learn to Spin Jan 9, Feb 6, Mar 13 * Sign up required	6:00 – 7:00 pm Beginner Yoga Jan 10, Feb 7, Mar 14 * Sign up required	6:00 – 7:00 pm Power Hour Steve S.			STRENGTH CLASS CARDIO CLASS CORE STRENGTH INTRO CLASS
7:15 – 8:00 pm Abs + Rachel	6:00 – 7:00 pm Power Hour Steve S.	6:00 – 7:00 pm Spinning Heather	6:00 – 7:00 pm Spinning Steve W.		 <p><i>Classes with this symbol have been approved by the Heart Wise Exercise network, a part of the University of Ottawa Heart Institute, for people who may be living with a chronic health condition.</i></p>	
7:00 – 8:15 pm Spinning Steve W.	6:30 – 8:00 pm Spin/Yoga Cycling Team/Lisa *Sign up required	6:30 – 7:30 pm Drums Alive Chantal				

* Sign up required for all Spinning and Beginner classes

Please visit Heritagefitness.ca/group-fitness-schedule or call 613-253-2112 to sign up
Schedule is subject to change. For current information, please visit www.heritagefitness.ca