

GROUP FITNESS SCHEDULE

October 1 – December 23, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 – 6:30 am Fitquest Nicole	5:45 – 6:30 am CyclePaths Heather	5:45 – 6:30 am Fit Express Anne	5:45 – 6:30 am CyclePaths Heather	5:45 – 6:30 am Fit Express Anne	
9:15 – 10:15 am Cardio Intensity Lisa	9:15 – 10:15 am Abs + Anne	9:15 – 10:15 am Intervals Adriana	9:15 – 10:15 am Tabata Anne	9:15 – 10:15 am Fit Forever Megan	8:30 – 9:30 am Oct – Step Nov – Spin Dec – Intervals
10:45 – 11:45 am Yoga Flow Cara	10:45 – 11:35 am Fit Basics Anne	10:45 – 11:45 am Stretch & Strength Catherine	10:45 – 11:35 am Fit Basics Anne	9:45 – 10:30 am Drills & Hills Diane/ Heather	9:00 – 10:00 am Karma Yoga Oct 13, Nov 10, Dec 8
	12:10 – 12:55 pm Cycle Beats Diane			10:45 – 11:45 am Yoga Stretch Perry	
6:00 – 7:00 pm Weekend Detox Steve W.	6:00 – 7:00 pm Power Hour Steve S.	6:00 – 7:00 pm Vicious Cycle Steve W.	6:00 – 7:00 pm Power Hour Steve S.		Cardio Class Core Class Spinning Class Strength Class
6:00 – 7:00 pm Intervals Adriana	6:00pm – 6:30 pm Learn to Spin Oct 9, Nov 13, Dec 11	6:30 – 7:30 pm Zumba Isabel	7:00 – 8:00pm Cycle Beats Steve		
7:15 – 8:00 pm Zumba Isabel	<p>• Sign up required for all Spinning, visit Heritagefitness.ca/group-fitness-schedule or call 613-253-2112 Schedule is subject to change. For current information, please visit www.heritagefitness.ca</p>				