

GROUP FITNESS SCHEDULE

June 24th – September 22nd

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45am Fit Express Anne	5:45am CyclePaths Heather	5:45am Fitquest Nicole	5:45am CyclePaths Heather	5:45am Fit Express Anne	
9:15am Cardio Intensity Lisa H	9:15am Fit Basics Anne	9:15am The Works Adriana	9:15am Abs + Anne		9:00am *Jul & Aug* Riverside Park check MindBody for class line up
11:00am Yoga Flow Jess	10:45am Kettlebells + Diane	10:45am Stretch & Strength Jess	10:45am Fit Basics Anne	10:00am (45 min) Drills & Hills Diane/Heather	9:00am *Sep* Kickboxing Anne
	12:10pm Cycle Beats Diane (45min)			11:00am Yoga Stretch Lisa D	10:15am Kick It Up Series Jul 27 th – Spin Aug 17 th – Step Sep 14 th – Zumba
6:00pm The Works Adriana	6:00pm Step Lisa H ** until Aug 27 th **	6:00pm Vicious Cycle Steve W	6:00pm FHPP (outside) Steve	6:00pm Karma Yoga (outside @ H.F.C.) Jul 12 th & Aug 9 th	Cardio Class
				6:00pm Karma Meditation Jul 26 th & Aug 23 rd	Core Class
					Fresh Air Fitness
6:00pm Weekend Detox Steve W		6:00pm Mix & Madness Andrea	6:00pm Zumba Isabel		Indoor Cycling
					Strength Class
7:15pm Zumba Isabel	7:15pm Athletic Stretch Jess (30min)			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	