




# Womens Fitness Clubs of Canada

## AJAX

7 Rossland Road East Unit 201  
 Ajax, ON L1Z 0T4  
 905-239-1530

**Effective Saturday May 4<sup>th</sup>, 2019**

MAIN STUDIO "A"						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						New Class Times Below
9:30-10:25 AM <b>MUSCLE MIX</b> Cindy	9:30-10:25 AM  Nella	9:30-10:15 AM  Heidi	9:30-10:25 AM <b>BOOTCAMP</b> Maureen	9:30-10:25 AM <b>MUSCLE MIX</b> Lynda	9:15-10:15 AM Warrior Workout Heidi N <b>*Starts June 1st*</b>	9:15-10:00 AM <b>STEP</b> Lori N <b>*Starts May 5th*</b>
10:30-11:25 AM <i>New Class Coming Fall 2019</i>	10:30-11:25 AM <i>New Class Coming Fall 2019</i>	10:30-11:25 AM <b>MUSCLE MIX</b> Leah N	10:30-11:25 AM <b>ABS BLAST</b> Maureen N	10:30-11:00 AM <b>STEP</b> Lynda N	10:30-11:25 AM <b>SOCA FIT</b> Ernie R	10:00-11:00 AM <b>ABS ROCK BOTTOMS</b> Lori N
11:30-12:30 PM <b>BODY BURN</b>  V	11:30-12:30 PM <b>CARDIO BOX</b>  V	11:30-12:30 PM <b>BOOTY BURN</b>  V	11:30-12:25 PM <b>CARDIO BOX</b>  V	11:30-12:30 PM <b>BODY BURN</b>  V	11:30-12:25 PM <b>MUSCLE MIX PLUS</b> Nella	11:00-12:00 PM <b>Cardio Groove</b> Zarria N <b>*Starts June 2nd*</b>
4:30-5:30PM <b>CHI FLOW VINYASA</b>  V	4:30-5:30PM <b>SUN SALUTES</b>  V	4:30-5:30PM <b>TOTAL BODY WIPEOUT</b> V	4:30-5:30PM <b>SUN SALUTES</b>  V	4:30-5:30PM <b>PURE STRETCH</b>  V	4:30-5:30PM <b>BOX HIIT FULL BODY</b>  V	4:30-5:30PM <b>PURE STRETCH</b>  V
6:00-6:55PM <b>BoxFIT HIIT</b> Nella N	6:15-7:15 PM <b>BARRE-LATTES</b> Zarria N G	6:00-6:55 PM  Nella	6:15-6:55 PM <b>Hiit45C</b> Sandy	6:30-7:25 PM <b>SOCA Live</b> Zarria N		
7:00-7:55 PM <b>ABS &amp; ROCK BOTTOMS</b> Nella N	7:15- 7:55 PM Steph N <b>POUND</b>	7:00-7:55 PM <b>PILATES</b> Irma N G	7:00-7:55 PM <b>Yoga Dance</b> Shari N G			
8:00-8:55 PM <b>SOCA FIT</b> Ernie R	8:00-8:55 PM  Zaza N	8:00-8:55 PM <b>SOCA FIT</b> Ernie R				
STUDIO B						
11:30-12:25 PM <b>YOGA 101</b> Erin	10:30 - 11:25 AM <b>HOT YOGA</b> Lori N	9:30 - 10:25 AM <b>HOT YOGA FLOW</b> Lori N G	11:30-12:25 PM <b>RESTORATIVE YOGA</b> Tramaine		9:30-10:25 AM <b>GENTLE YOGA</b> Jasmine G	11:30 - 12:25 PM <b>HOT YOGA</b> Nicole G
8:00 - 8:55 PM <b>YOGA FLOW</b> Erin	7:15 - 8:15 PM <b>FLOW YOGA</b> Tramaine		7:30 - 8:30 PM <b>HOT YOGA</b> Heather N			

N – INDICATES NEW CLASS, TIME OR INSTRUCTOR G – INDICATES CLASS IS GENTLE V – Virtual Class (Fitness on Demand) FOD available for you and your friends to enjoy. Ask a fitness staff for programming instructions. . R– INDICATES 60% OF SPACES AVAILABLE TO BOOK BY ADVANCED ONLINE RESERVATIONS UP TO 48 HOURS IN ADVANCE.

BOOKINGS WILL CLOSE AT 7:00 AM THE DAY OF THE CLASS. THE REMAINING SPACES AVAILABLE ARE FIRST COME, FIRST SERVED. With our virtual classes supplied through the Fitness on Demand, we can offer classes at any time the studio has open availability classes, times and instructors are subject to change without notice

\*\*\*Online Reservations Open 48 hours in Advance and close at 7AM On the Day of the Class .... RESERVE ON-LINE! In Gym Sign Up, 2 HRS Prior to class start time.\*\*\*

JOIN OUR GROUP FITNESS FACEBOOK GROUP!

[www.facebook.com/groups/wfccgroupfitnessajax/](http://www.facebook.com/groups/wfccgroupfitnessajax/)

Please contact Group Exercise Coordinator, Nella Mauro at [nmauro@womensfitnessclubs.com](mailto:nmauro@womensfitnessclubs.com)