

# Womens Fitness

Clubs of Canada

## PICKERING TOWN CENTRE

905-420-1520

Effective: Monday, January 7th, 2019

MAIN STUDIO A						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30-8:15 AM <b>PLYO SCULPT</b> ON DEMAND	7:30-8:21 AM <b>YOGA FIT</b> ON DEMAND	6:30-7:15 AM <b>HIIT</b> Andrea N	7:30-8:14 AM <b>TOTAL BODY FIX</b> ON DEMAND	6:30-7:15 AM <b>CYCLONE</b> Lynda N		
8:45-9:25 AM <b>ZUMBA</b> Heidi N	8:45-9:25 AM <b>HIIT</b> Leyla	8:45-9:25 AM <b>BOOTCAMP</b> Maureen	8:45-9:25 AM <b>STEP</b> Lynda	8:45-9:25 AM <b>TABATA</b> Cindy	8:30-9:25 AM <b>SOCA FIT</b> Ernie	8:30-9:25 AM <b>MUSCLE MIX PLUS</b> Nella
9:30-10:30 AM <b>MUSCLE MIX</b> Lynda R	9:30-10:25 AM <b>MASHUP MANIA</b> Maureen	9:30-10:25 AM <b>MUSCLE MIX</b> Nella	9:30-10:25 AM <b>VINYASA YOGA</b> Junko	9:30-10:25 AM <b>CARDIO GROOVE</b> Len M	9:30-10:25 AM <b>MASHUP MANIA</b> Lynda/Maureen N	9:30-10:25 AM <b>STRONG</b> by ZUMBA Nella
10:30-11:30 AM <b>PILATES</b> Theresa G	10:30-11:30 AM <b>YOGA DANCE</b> Shari G	10:30-11:25 AM <b>FUSION</b> Junko G	10:30-11:30 AM <b>YOGA DANCE</b> Shari G	10:30-11:25 AM <b>YOGA FLOW</b> Christina G	10:30-11:30 AM <b>PILATES</b> Nicole G	10:30-11:30 AM <b>HATHA YOGA</b> Junko G
1:00-1:33 PM <b>TONE&amp;SHRED ABS</b> ON DEMAND						1:30-2:00 PM <b>TRANSFORM 6</b> ON DEMAND
		4:30-4:45 PM <b>HIIT CARDIO + ABS</b> ON DEMAND		3:00-3:30 PM <b>POWER STEP 18</b> ON DEMAND		
5:30-6:10 PM JILLIAN MICHAELS <b>BODYSHRED™</b> Lynda	5:00-5:45 PM <b>BOOTCAMP</b> Cindy N	5:30-6:25 PM <b>MUSCLE MIX</b> Antoinette	6:00-6:40 PM JILLIAN MICHAELS <b>BODYSHRED™</b> Ré			
6:15-6:55 PM <b>ZUMBA</b> Felix MR	6:30-7:25 PM <b>PILATES</b> Nicole G	6:30-7:25 PM <b>ZUMBA</b> Heidi N	7:30-8:25 PM <b>CARDIO GROOVE</b> Len MN			
7:00-7:55 PM <b>YIN YOGA</b> Len M	7:30-8:30 PM <b>STRONG</b> by ZUMBA Amanda		8:30-8:57 PM <b>TONE&amp;SHRED ABS</b> ON DEMAND			
<div style="border: 1px solid black; padding: 5px;"> <p>With our virtual classes supplied through the Fitness on Demand kiosk, we can offer classes at any time the studio has open availability. The system is simple to program and available for you and your friends to enjoy. Ask a fitness staff for programming instructions.</p> </div>						
STUDIO B						
9:30-10:25 AM <b>YOGA</b> Nicki	9:30-10:25 AM <b>POWER YOGA</b> Karen R N			8:45-9:30 AM <b>SoulBody Barre™</b> Stephanie NG	9:30-10:40 AM <b>HOT YOGA</b> Gerald M	
		7:00-7:55 PM <b>HOT YOGA</b> Kayla N	8:30-9:25 PM <b>HOT YOGA</b> Len MN			
CYCLE STUDIO						
8:45-9:25 AM <b>CYCLE</b> Lynda	6:30-7:15 AM <b>CYCLE</b> Heather	8:45-9:25 AM <b>CYCLE</b> Cindy		9:30-10:15 AM <b>CYCLE</b> Leah	8:45-9:25 AM <b>CYCLE</b> Lynda	
	6:30-7:15 PM <b>CYCLE HIIT</b> Lynda R		6:45-7:30 PM <b>CYCLE</b> Lynda		<div style="border: 1px solid red; padding: 5px;"> <p>Recognized as a Heart Wise Facility</p> </div>	

\*\*Classes, times and instructors are subject to change without notice.

N – INDICATES NEW CLASS, TIME OR INSTRUCTOR M – INDICATES MALE INSTRUCTOR G – INDICATES CLASS IS GENTLE

R – INDICATES 25% 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.