

# Womens Fitness

*Clubs of Canada*

**AJAX**

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

Effective: Monday March 2021

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)

MAIN STUDIO "A"						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30-10:15 AM MUSCLE MIX  Cindy R	9:30-10:15AM BOOTCAMP  Erin R		9:30-10:15AM HIIT  Danielle R			9:30-10:15AM STRONG30™  Sandy R
		10:30-11:15AM  ZUMBA  Heidi R		10:00-10:45AM CARDIO MIX  Lynda R	10:30-11:15AM MUSCLE MIX  Lori I R	
			5:30-6:15PM WARRIOR (Starts March 17 <sup>th</sup> )  Heidi R			
	6:30-7:15PM Hiit  Danielle R	6:30-7:15PM Hiit  Sandy R				
7:00-7:45PM STRONG30™  Sandy R		7:30-8:15PM  ZUMBA  Melissa W R				
STUDIO B						
		9:30-10:15AM YOGA  Lori M R				
10:30-11:15AM YOGA  Lori M R			10:30-11:15AM RESTORATIVE YOGA  Tramaine R		9:30-10:15AM YOGA (Starts March 6TH)  Lori M R	10:30-11:15AM HATHA YOGA  Jasmine R
	7:30-8:15PM RESTORATIVE YOGA  Tramaine R		6:30-7:15PM YOGA  Heather R			

N – INDICATES NEW CLASS, TIME OR INSTRUCTOR G – INDICATES CLASS IS GENTLE R–Indicates ADVANCED ONLINE RESERVATIONS UP TO 48 HOURS IN ADVANCE. BOOKINGS WILL CLOSE AT 7:00 AM THE DAY OF THE CLASS. Reservations are First Come First Serve. 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 \*\*