

# Niagara Centre YMCA Group Fitness Schedule Beginning June 30, 2008

GYM 2						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GENTLE FIT 8:30-9:00am	EXPRESS SCULPT 8:30-9:00am	GENTLE FIT 8:30-9:00am	EXPRESS SCULPT 8:30-9:00am	GENTLE FIT 8:30-9:00am		
STEP 9:15-10:00am		BOXFIT 9:15-10:00am		STEP 9:15-10:00am	STEP 9:15-10:00am	
BODY SCULPT 10:15-11:00am		BODY SCULPT 10:15-11:00am		BODY SCULPT 10:15-11:00am	BODY SCULPT 10:15-11:00am	STEP 10:15-11:00am
	GENTLE FIT 1:15-1:45pm		GENTLE FIT 1:15-1:45pm			
ON THE BALL 6:00-6:45pm	BODY SCULPT 6:00-6:45pm	ON THE BALL 6:00-6:45pm	BODY SCULPT 6:00-6:45pm			
STEP 7:00-7:45pm	ATHLETIC HOUR 7:00-7:45pm	STEP 7:00-7:45pm	BOXFIT 7:00-7:45pm			
STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	CYCLEFIT 6:15-7:00am		CYCLEFIT 6:15-7:00am		CYCLEFIT 8:30-9:15am	
CYCLEFIT 9:15-10:00am	CYCLEFIT 9:15-10:00am	CYCLEFIT 9:15-10:00am	CYCLEFIT 9:15-10:00am	CYCLEFIT 9:15-10:00am	CYCLEFIT 9:15-10:00am	CYCLEFIT 9:15-10:00am
CYCLEFIT 6:00-6:45pm		CYCLEFIT 6:00-6:45pm				
	CYCLEFIT 7:00-7:45pm		CYCLEFIT 7:00-7:45pm			
MULTI AB						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CORE FUSION 11:00-12:00pm		YOGA FITNESS 11:00-12:00pm	YOGA FITNESS 11:00-12:00pm	CORE FUSION 11:00-12:00pm		
CORE FUSION 8:00-9:00pm	YOGA FITNESS 8:00-9:00pm	CORE FUSION 8:00-9:00pm	YOGA FITNESS 8:00-9:00pm			
POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AQUAFIT 9:15-10:00am	AQUAFIT 9:15-10:00am	AQUAFIT 9:15-10:00am	AQUAFIT 9:15-10:00am	AQUAFIT 9:15-10:00am		AQUAFIT 9:15-10:00am
AQUAFIT in MODERATION 2:00-2:45pm	AQUAFIT in MODERATION 2:00-2:45pm	AQUAFIT in MODERATION 2:00-2:45pm	AQUAFIT in MODERATION 2:00-2:45pm	AQUAFIT in MODERATION 2:00-2:45pm		
AQUAFIT 7:30-8:15pm	AQUAFIT 7:30-8:15pm	AQUAFIT 7:30-8:15pm	AQUAFIT 7:30-8:15pm			

\*All Classes Subject To Change Without Notice  
\*Classes will not be offered on holidays