

# Niagara Centre Group Fitness Schedule

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	ATHLETIC HOUR 9:15-10:00am	STEP 9:15-10:00am	STEP 9:15-10:00am	STEP 10:15-11:00am
BODY SCULPT 10:15-11:00am		BODY SCULPT 10:15-11:00am		BODY SCULPT 10:15-11:00am	BODY SCULPT 10:15-11:00am	
	GENTLE FIT 1:15-1:45pm		GENTLE FIT 1:15-1:45pm			FAMILY FITNESS 1:00-1:45 FAMILY YOGA FITNESS 2:00-2:45
YOUTH STRENGTH TRAINING 5:15- 6:00	STEP 5:15-6:00pm		STEP 5:15-6:00pm			
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			CLASSES RUN UNTIL MAY 16
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 6:00-6:45	CYCLEFIT 6:00-6:45	CYCLEFIT 6:00-6:45	CYCLEFIT 6:00-6:45	CYCLEFIT 6:00-6:45		
	CYCLEFIT 7:00-7:45	CYCLEFIT 7:00-7:45	CYCLEFIT 7:00-7:45			

MULTIPURPOSE ROOMS						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CORE FUSION 11:00-12:00pm MULTI AB	BABY YOGA FITNESS 11:00-11:30PM MULTI AB	YOGA FITNESS 11:00-12:00pm MULTI AB	YOGA FITNESS 11:00-12:00pm MULTI AB	CORE FUSION 11:00-12:00pm MULTI AB		
	FAMILY YOGA FITNESS 7:15-8:00 MULTI C		FAMILY FITNESS 7:15-8:00 MULTI C			
CORE FUSION 8:00-9:00pm MULTI AB	YOGA FITNESS 8:00-9:00pm MULTI AB	CORE FUSION 8:00-9:00pm MULTI AB	YOGA FITNESS 8:00-9:00pm MULTI AB			

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