









St. Catharines Walker Family Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CARDIO BLAST 9:15-10:00am	STEP 9:15-10:00am	HI/LO 9:15-10:00am	STEP 9:15-10:00am	ATHLETIC HOUR 9:15-10:15am	HI/LO 9:15-10:00am	STEP 9:15-10:00am
EXPRESS STRENGTH 10:00-10:30am	EXPRESS STRENGTH 10:00-10:30am	EXPRESS STRENGTH 10:00-10:30am	EXPRESS STRENGTH 10:00-10:30am	ABS BLAST 10:15-10:30 am	EXPRESS STRENGTH 10:00-10:30am	EXPRESS STRENGTH 10:00-10:30am
GENTLE FIT 10:45-11:30am	 LEARN TO STEP 10:45-11:15	GENTLE FIT 10:45-11:30am		YOGA FITNESS 10:45-11:30am	 CORE FUSION 9:30-10:15pm	
	YOGA FITNESS 1:10-1:55pm (Multi B/C)	YOGA FITNESS 1:10-1:55pm (Multi B/C)	YOGA FITNESS 1:10-1:55pm (Multi B/C)			 TRIATHLON SWIM 1:00-2:00PM
STEP 5:30-6:15pm	CORE FUSION 5:30-6:15pm	BOXFIT 5:30-6:15pm	STEP 5:45-6:30pm	ABS BLAST 5:45-6:15pm		
ABS BLAST 6:15-6:30pm		ABS BLAST 6:15-6:30pm	ABS BLAST 6:30-6:45pm			All shaded classes held in mezzanine Other classes held in East Gym unless marked.
 LEARN TO STEP 6:05-6:35		CORE FUSION 5:45-6:30pm				
BOXFIT 6:45-7:45pm	CARDIO MIX 6:45-7:45pm		YOGA FITNESS 6:30-7:15pm			

SECOND FLOOR STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CYCLEFIT 5:30-6:15am		CYCLEFIT 5:30-6:15am		CYCLEFIT 5:30-6:15am	 CYCLEFIT 8:00-9:00am	
	CYCLEFIT 6:15-7:15am		CYCLEFIT 6:15-7:15am			
CYCLEFIT 9:30-10:15am		CYCLEFIT 9:30-10:15am	 LEARN TO 10:45-11:15AM	CYCLEFIT 9:30-10:15am	CYCLEFIT 9:15-10:30am	CYCLEFIT 10:00-10:45am
	CYCLEFIT 12:10-12:45pm	CYCLEFIT 12:10-12:45pm	CYCLEFIT 12:10-12:45pm		CYCLEFIT 1:15-2:15pm	
 CYCLEFIT 5:30-6:05pm	CYCLEFIT 5:30-6:15pm	 CYCLEFIT 5:30-6:05pm	CYCLEFIT 5:30-6:15pm			
CYCLEFIT 6:30-7:30pm	 LEARN TO 6:35-7:05PM	CYCLEFIT 6:30-7:30pm	 RIDE/RUN/BRICK 6:30-8:00pm			

POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AQUAFIT 9:10-9:55am	AQUAFIT 9:10-9:55am	AQUAFIT 9:10-9:55am	AQUAFIT 9:10-9:55am	AQUAFIT 9:10-9:55am		AQUAFIT 9:10-9:55am
AQUAFIT in MODERATION 11:15am-12:00pm		AQUAFIT in MODERATION 11:15am-12:00pm		AQUAFIT in MODERATION 11:15am-12:00pm		
AQUAFIT in MODERATION 2:15-3:00pm	AQUAFIT in MODERATION 2:15-3:00pm	AQUAFIT in MODERATION 2:15-3:00pm	AQUAFIT in MODERATION 2:15-3:00pm	AQUAFIT in MODERATION 2:15-3:00pm		
AQUAFIT 7:30-8:15pm	AQUAFIT 8:05-8:50pm	AQUAFIT 7:30-8:15pm				

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

 **CLASSES RUN TILL MARCH 7**  **CLASSES RUN TILL MAY 15**