

SUMMER GROUP FITNESS SCHEDULE, JUNE 26-SEPTEMBER 10, 2017 - IN DANCE STUDIO

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	NOTES
8:30-10:45am		OA Badminton		OA Badminton				Holiday Classes (one class only on these days): July 1, 9-10:30am July 3, 5:30-6:30pm Aug. 7, 9-10:30am Sept. 4, 9:30-11am AQUAFIT CANCELLED AUGUST 21 & 25. Classes return to Dalplex on Sept. 5, (summer schedule still in effect) Fall Schedule begins Sept. 11
9:00-9:45am						Spin*		
9:00-10:00am							Body Strong	
10:00-11:00am						Body Strong		
10:15-11:00am							Spin*	
12:00-1:00pm	Step	Body Strong		Yogaflex	Box/Strength			
12:10-12:55pm	Aquafit Deep (pool)		Aquafit Deep (pool)					
12:15-1:00pm			Spin*					
5:00-6:00pm			Barre/Core					
5:30-6:30pm	Body Strong							
6:15-7:00pm		Spin*		Spin*				
7:45-8:45pm		Zumba Strong™						

AS A COURTESY TO OTHERS
PLEASE DO NOT WEAR SCENTED PRODUCTS TO FITNESS CLASSES

UPDATED August 21, 2017

FALL GROUP FITNESS SCHEDULE, SEPTEMBER 11 - DECEMBER 3, 2017

OA = Older Adult | DS = Studley Dance Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15-8:00am	Member Yoga		Body Strong				
8:30-10:45am		OA Badminton		OA Badminton			
9:00-10:00am					Body Strong	Spin* (9-9:45am)	Body Strong (DS)
10:15-11:15am						Body Strong	Spin* (10:15-11am)
12:00-1:00pm	Box/Strength	Body Strong	Step	Member Yoga (DS)	Cardio/Strength		
12:10-12:55pm	AquaFit (deep)		AquaFit (shallow)	AquaFit (deep)			
1:15-2:00pm		Spin*		Spin*			
1:30-2:30pm	OA Strength		OA Strength		OA Yoga		
4:00-5:00pm		Member Yoga (DS)				Spin* (4-4:45pm)	
4:30-5:30pm			Interval Workout	Body Strong			
5:30-6:30pm	Body Strong	Zumba Step	BellyFit Flow™	Interval Workout			
6:15-7:00pm	Spin*	Spin*		Spin*			
7:30-8:30pm	Zumba®	Body Strong	Strong by Zumba	Barre Blast (DS)			

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CHANGES & CANCELLATIONS

Saturday, September 23
10-11am Body Strong moves to Dance Studio (time change)

Saturday, October 7
10-11am Body Strong moves to Dance Studio (time change)

Monday, November 13
12-1pm CANCELLED

Friday, November 24
9-10am Body Strong moves to Dance Studio
12:15-1pm Spin (time change - and Spin replaces Cardio/Strength)
1:30-2:30pm OA Yoga moves to Dance Studio

Friday, October 6
9-10am Body Strong moves to Dance Studio
12:15-1pm Spin (time change - and Spin replaces Cardio/Strength)
1:30-2:30pm OA Yoga moves to Dance Studio

Monday, October 9
One class only, 12:15-1:45pm

Thursday, November 23
OA Badminton moves to Studley Gym
4:30-5:30pm CANCELLED
5:30-6:30pm CANCELLED

Saturday, November 11
One class only, 12:15-1:45pm

Saturday November 25
10:00-11:00am Body Strong moves to Dance Studio (time change)

*PLEASE NOTE: There is a limit of 17 participants per spin class, first-come, first served. You can sign up at the Studley Gym Equipment Centre starting 30 minutes before class begins.

CALL 902-494-2119 FOR INFORMATION ON CLASS INSTRUCTORS AND UNFORSEEN CHANGES OR CANCELLATIONS.

Full-time DAL students and Dalplex members can attend the above group fitness classes.
Please remember to bring your ID card to classes taking place in the Studley Dance Studio and Spin Studio.