

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 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**

*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.

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