

# Group Fitness Holiday Schedule

## December 23, 2024 – January 5, 2025

**Group Fitness** Ages 12+

 **Fitness Centre, Leisure Centre, 2 Park Drive**

WEEK ONE

Mon, Dec. 23	Tue, Dec. 24	Wed, Dec. 25	Thu, Dec. 26	Fri, Dec. 27	Sat, Dec. 28	Sun, Dec. 29
9:30am – 10:20am Forever Fit: Madi	9:30am – 10:20am Cardio & Condition: Madi	Christmas Day CLOSED	9:30am – 10:20am Cardio & Condition: Sonya	9:30am – 10:20am Yoga (Hatha): Nirmala	8:30am – 9:20am Boot Camp: Jenn	9:30am – 10:20am Muscle Matters: Vanessa
10:30am – 11:20am Muscle Matters: Madi	10:30am – 11:20am Yogalates: Ona		10:30am – 11:20am Forever Fit: Sonya	10:30am – 11:20am Forever Fit: Sandra	9:30am – 10:20am Yoga Flow: Jenn	
6:30pm – 7:20pm Forever Fit: Marie				5:30pm – 6:20pm Zumba@: Marie	10:30am – 11:20am Cardio Salsa: Giselle	
					6:30pm – 7:20pm Essentrics@: Marie	

WEEK TWO

Mon, Dec. 30	Tue, Dec. 31	Wed, Jan. 1	Thu, Jan. 2	Fri, Jan. 3	Sat, Jan. 4	Sun, Jan. 5
9:30am – 10:20am Forever Fit: Madi	9:30am – 10:20am Cardio & Condition: Madi	New Year's Day CLOSED	9:30am – 10:20am Cardio & Condition: Sonya	9:30am – 10:20am Yoga (Hatha): Nirmala	8:30am – 9:20am Boot Camp: Jenn	9:30am – 10:20am Muscle Matters: Vanessa
10:30am – 11:20am Muscle Matters: Sonya	10:30am – 11:20am Yogalates: Ona		10:30am – 11:20am Forever Fit: Sonya	10:30am – 11:20am Forever Fit: Sandra	9:30am – 10:20am Yoga Flow: Jenn	
6:30pm – 7:20pm Forever Fit: Marie			6:30pm – 7:20pm Circuit: Sandra	5:30pm – 6:20pm Zumba@: Garlice	10:30am – 11:20am Cardio Salsa: Giselle	
			7:30pm – 8:20pm Yoga: Connie	6:30pm – 7:20pm Essentrics@: Marie		

## Cycle Fit Fitness Ages 12+

 Fitness Centre, Leisure Centre, 2 Park Drive

WEEK ONE

Mon, Dec. 23	Tue, Dec. 24	Wed, Dec. 25	Thu, Dec. 26	Fri, Dec. 27	Sat, Dec. 28	Sun, Dec. 29
9:30am – 10:20am Gareth		Christmas Day CLOSED	9:30am – 10:20am Madi	9:30am – 10:20am Sandra	8:30am – 9:20am Sandra	8:30am – 9:20am Sandra
6:30pm – 7:20pm Madi						

WEEK TWO

Mon, Dec. 30	Tue, Dec. 31	Wed, Jan. 1	Thu, Jan. 2	Fri, Jan. 3	Sat, Jan. 4	Sun, Jan. 5
9:30am – 10:20am Gareth		New Year's Day CLOSED	9:30am – 10:20am Madi	9:30am – 10:20am Sandra	8:30am – 9:20am Sandra	8:30am – 9:20am Sandra
6:30pm – 7:20pm Madi			5:30pm – 6:20pm Sandra			

## AquaFit Ages 12+

 Leisure Centre Pool, 2 Park Drive

WEEK ONE

Mon, Dec. 23	Tue, Dec. 24	Wed, Dec. 25	Thu, Dec. 26	Fri, Dec. 27	Sat, Dec. 28	Sun, Dec. 29
9:00am – 9:50am Lori	9:35am – 10:25am Lori	Christmas Day CLOSED	Boxing Day CLOSED	9:00am – 9:50am Lap	9:35am – 10:25am Nirmala	9:35am – 10:25am Sandra
10:00am – 10:50am Nirmala				10:00am – 10:50am Lap		
7:35pm – 8:25pm Lori						

WEEK TWO

Mon, Dec. 30	Tue, Dec. 31	Wed, Jan. 1	Thu, Jan. 2	Fri, Jan. 3	Sat, Jan. 4	Sun, Jan. 5
9:00am – 9:50am Sonya	9:35am – 10:25am Lori	New Year's Day CLOSED	9:00am – 9:50am Ona	9:00am – 9:50am Lap	9:35am – 10:25am Nirmala	9:35am – 10:25am Sandra
10:00am – 10:50am Lori			10:00am – 10:50am Ona	10:00am – 10:50am Lap		
7:35pm – 8:25pm Nirmala			8:05pm – 8:55pm Lori			