



WINTER 2012

Group Fitness Schedule

January 2nd to April 1st

HOURS		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CLUB		5:30am - 10:30pm	5:30am - 10:30pm	5:30am - 10:30pm	5:30am - 10:30pm	5:30am - 9:30pm	7:30am - 5:30pm	7:30am - 5:30pm
MORNING	6:00am		Studio Cycle Power Cycle <i>Peter</i>				8:30am ★ AQUA Cardio H20 <i>Brad/Joanne</i>	\$ Club Meadowvale Fencing <i>Competitive Group</i>
	6:30am	Boot Camp Circuit <i>Maria</i>		Total Body Muscle <i>Maria</i>		Studio Cycle Power Cycle <i>Maria</i>	8:45am Boot Camp Circuit <i>Linda</i>	8:45am-10am Total Body Muscle <i>Maria</i>
	9:15am	★ Ballet Body Fit <i>Elisabeth</i>	★ Body in Balance <i>Sarah</i>	Total Body Muscle <i>Elisabeth</i>	Boot Camp Circuit <i>Rick</i>	★ Zumba Dance <i>Libby</i>	9am-10:15am Studio Cycle Cycle n Crunch <i>Carolyn/Valena</i>	
	9:30am	★ AQUA Cardio H20 <i>Sharon</i>	★ AQUA Muscle H20 <i>Brad</i>		★ AQUA Muscle H20 <i>Brad</i>	★ AQUA Cardio H20 <i>Sharon</i>	10:00am ★ Cardio MashUp <i>Mary/Cynthia/Susan</i>	Ashtanga Core Yoga <i>Lisa</i>
	10:20am			10:20-11:05am Studio Cycle ★ Cycle Express <i>Elisabeth</i>	★ Pilates <i>Sarah</i>	Iyengar Style Yoga <i>Maithili</i>	11:00am ★ Pilates Plus <i>Mary/Aryanna</i>	
LUNCH	12:00pm	Metabolic Training <i>Elisabeth</i>	Boot Camp Circuit <i>Maria</i>	Hollywood Training <i>Joanna</i>	★ Zumba <i>Andrea/Deanne</i>	Total Body Muscle <i>Linda</i>	1:00-3:00 \$ Club Meadowvale Fencing <i>Youth Recreational</i>	\$ Club Meadowvale Fencing <i>Adult Recreational</i>
	1:00pm	★ Pilates Fusion <i>Sarah</i>		★ Vinyasa Flow Yoga <i>Rachelle</i>	12pm Studio Cycle Power Cycle <i>Linda</i>	★ 12pm PT Studio Yoga Pilates Fusion <i>Zaneta</i>	3:00-4:00	
EVENING	5:00pm	★ Zumba <i>Cha Cha</i>	Metabolic Training <i>Elisabeth</i>	5:10pm Turbo Jam <i>Libby</i>	S.A.S.S <i>Miriam</i>	★ 5:30 Zumba <i>Bernadette</i>	Winter Schedule Saturday's Cardio MashUp 1st Step - Mary 2nd Kick Box - Cynthia 3rd Retro Cardio - Susan 4th & 5th Athletic Drills - Susan	
	6:00pm	Survivor Circuit <i>Linda (ADV)</i>	★ Pilates Plus <i>Mary</i>	★ Flexible Fusion <i>Libby</i>	Vinyasa Flow Yoga <i>Rachelle</i>			
	6:00pm	Studio Cycle Cycle Bootcamp <i>Carolyn</i>	6:10-6:40pm Studio Cycle Cycle Express <i>Valena</i>	Studio Cycle Power Cycle <i>Carolyn</i>	★ 6:10-6:40pm Studio Cycle Cycle Express <i>Linda</i>	\$ Club Meadowvale Fencing <i>Youth Recreational</i>		
	6:00pm	★ AQUA Muscle H20 <i>Brad</i>		★ AQUA Muscle H20 <i>Gord/Barb</i>				
	7:00pm	★ Hatha Bliss Yoga <i>Cynthia</i>	Step & Strength <i>Mary</i>	★ Stretch n Abs <i>Joanna</i>	★ Belly Fit <i>Deanne</i>			
	8:00pm	\$ Club Meadowvale Fencing <i>Competitive Group</i>	Iyengar Style Yoga <i>Maithili</i>	\$ Club Meadowvale Fencing <i>Adult Recreational</i>	\$ Club Meadowvale Fencing <i>Competitive Group</i>		★ INTRO TO FITNESS beginner members welcome!	

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NEW CLASSES