

The Womens Fitness Clubs of Canada

Effective Fri. June 25, 2010

call or visit www.womensfitnessclubs.com for updates

Pickering Schedule

905.420.1520

MAIN STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9:00 - 9:25 AM POWER YOGA Sherry	8:45 - 9:25 AM CARDIO KICKBOX Maureen	9:00 - 9:25 AM CARDIO BALL Lynda			8:30 - 9:25 AM MUSCLE MIX PLUS Sherry
9:30 - 10:25 AM MUSCLE MIX Lynda	9:30 - 10:10 AM CARDIO MIX Maureen	9:30 - 10:25 AM MUSCLE MIX Cynthia	9:30 - 9:55 AM STEP Lynda	9:30 - 10:25 AM CARDIO MIX Gillian	9:30 - 10:25 AM 50/50 CARDIO Lynda T	9:30 - 10:25 AM ZUMBA Sherry N
10:30 - 11:25 AM CARDIO GROOVE Carol	10:15 - 11:00 AM ABS & ROCK BOTTOMS Maureen	10:30 - 11:30 AM VERTICAL PILATES Audrey	10:00 - 10:25 AM ABS & ROCK BOTTOMS Lynda	10:30 - 11:00 AM HARD CORE ABS Gillian	10:30 - 11:30 AM PILATES Lorraine	10:30 - 11:30 AM GENTLE YOGA Sherry
11:30 AM - 12:25 PM MINDFUL MOVEMENT Audrey			10:30 - 11:30 AM GENTLE YOGA Tina			
	1:00 - 2:00 PM PILATES Joanna N			1:00 - 2:00 PM CARDIO KICKBOX Maureen		
	4:45 - 5:25 PM BOOTCAMP Cindy		4:45 - 5:25 PM MUSCLE MIX Kim			
5:30 - 6:10 PM ON THE BALL Lynda	5:30 - 6:25 PM BELLY DANCE Michelle/Naglaa	5:30 - 6:25 PM 3 X 3 Carol	5:30 - 6:25 PM DISCO SALSA Carol	5:30 - 6:25 PM MUSCLE MIX PLUS Cynthia/Lynda		
6:15 - 6:55 PM CARDIO GROOVE Acky R	6:30 - 7:25 PM ABS & ROCK BOTTOMS Sarah	6:30 - 7:25 PM MUSCLE MIX Dale	6:30 - 7:25 PM PILATES Audrey			
6:15 - 6:55 PM HARD CORE ABS Lynda (STUDIO 2)	7:30 - 8:30 PM 50/50 STEP Lynda	7:30 - 8:30 PM ASHTANGA YOGA Tina	7:30 - 8:15 PM TURBO KICK Dawna			
7:00 - 7:55 PM VINYASA YOGA Tina			8:15 - 8:45 PM ROCK HARD ABS Dawna			
8:00 - 9:00 PM MUSCLE MIX PLUS Dale						
CYCLE STUDIO						
		6:30 - 7:15 AM CYCLE Andrea				
8:45 - 9:25 AM CYCLE Lynda T		8:45 - 9:25 AM CYCLE Desta			8:30 - 9:25 AM CYCLE Lynda	
	9:30 - 10:25 AM CYCLE Sherry			9:30 - 10:25 AM CYCLE Cynthia		
	6:30 - 7:25 PM CYCLE Lynda R	5:30 - 6:15 PM CYCLE Cynthia	6:30 - 7:25 PM CYCLE Michelle			
7:00 - 8:00 PM CYCLE Michelle						

N- INDICATES NEW CLASS, TIME OR INSTRUCTOR **R**- INDICATES ADVANCED RESERVATIONS AVAILABLE **T**-INDICATES A TOKEN CLASS

Check at reception for start dates and times of all paid programs and upcoming seminars.

***Classes, times and instructors are subject to change without notice.**

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PAID PROGRAMS						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9:15 - 10:15 AM OUTDOOR BOOTCAMP Rosi (starts July 6)		9:15 - 10:15 AM NORDIC WALKING Rosi (starts July 8)		9:00 - 10:00 AM NORDIC WALKING Rosi (starts July 10)	
	5:45 - 6:45 PM OUTDOOR BOOTCAMP Rosi (starts July 6)		6:00 - 7:00 PM BOXING BOOTCAMP Dale (starts July 15)			
4:30 - 5:30 PM TEENS CYCLE/ABS Cynthia (ages12-16 starts June 28)	7:15 - 8:15 PM OUTDOOR BOOTCAMP Rosi (starts July 6)	4:30 - 5:30 PM TEENS CIRCUIT TRAINING Kat (ages12-16 starts June 23)	4:30 - 5:30 PM TEENS HIP/HOP JAZZ Shari (ages12-16 starts July 8) N			
	7:00 - 8:00 PM BOXING BOOTCAMP Cynthia (starts July 13) N		7:00 - 8:00 PM NORDIC WALKING Rosi (starts July 8)			
DYNAMIC WORKOUT SCHEDULE						
9:00 - 10:00 AM RIP'N KICK Maureen N		9:30 - 10:30 AM Dale		9:00 - 10:00 AM Lynda	8:30 - 9:30 AM Dale	
	5:00 - 6:00 PM Lynda	6:30 - 7:30 PM Cynthia		6:45 - 7:45 PM RIP'N RIDE Cynthia/Lynda		
7:00 - 8:00 PM Lynda		7:30 - 8:30 PM RIP'N KICK Dale N	7:00 - 8:00 PM RIP'N GROOVE Kimberly/Emily N			
SUMMER FEEL GREAT CHALLENGE						
	9:15 - 10:15 AM Rosi (starts July 6) (this is an outdoor workout)	9:00 - 10:00 AM Shari (starts July 7)				
		1:00 - 2:00 PM Rosi (starts July 7)				
	6:00 - 7:00 PM Carrie (starts July 6)	6:00 - 7:00 PM Kat (starts July 7)	6:00 - 7:00 PM Carrie (starts July 8)			
		7:00 - 8:00 PM GROUP NUTRITION Terri				

This program includes:

3 individualized assessments.

8 or 16, 60 minute workouts which include; machines, free weights, core work, cardiovascular training and stretching and relaxation.

1 or 2 times a week option for 8 weeks.

Support discussion group to help you stay motivated through your journey to complete wellness.

Optional nutritional add on (extra fee applies).

***Never the same workout twice.**

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R - INDICATES ADVANCED RESERVATIONS AVAILABLE

T - INDICATES A TOKEN CLASS

Note for Dynamic Training: The Friday 6:45pm class is a combination cycle/dynamic class. The Monday 9am and the Wednesday 7:30pm class is a combination Kickboxing/Dynamic. The Thursday 7pm class is a combination dance/dynamic.

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