

The Womens Fitness Clubs of Canada

Effective Mon. Jan. 25, 2010

call or visit www.womensfitnessclubs.com for updates

Promenade Schedule 905.731.1520

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:15 - 7:15 AM MUSCLE MIX Lisa		6:45 - 7:15 AM MUSCLE MIX Varissa			
8:45 - 9:25 AM ABS AND ROCKBOTTOMS Sharna	8:45 - 9:25 AM TOP TO BOTTOM Melissa	8:45 - 9:25 AM TURBO KICK Louise	8:45 - 9:25 AM DANCE BOOTCAMP Katya N	8:45 - 9:25 AM MUSCLE MIX Gail R	8:30 - 9:25 AM HATHA YOGA Lisa	8:30 - 9:25 AM 50/50 CARDIO MIX Gail
9:30 - 10:25 AM FUSION Sharna R	9:30 - 10:10 AM "STEP IT UP" Adina	9:30 - 10:25 AM MUSCLE MIX Sharna R	9:30 - 10:25 AM MUSCLE MIX Katya	9:30 - 10:25 AM TURBO'N GROOVE Gail	9:30 - 10:25 AM "STEP IT UP" Lisa	9:30 - 10:25 AM MUSCLE MIX Gail R
10:30 - 11:25 AM MUSCLE MIX Adina	10:15 - 11:10 AM PILATES Adina	10:30 - 10:55 AM HARDCORE ABS Gillian	10:30 - 11:45 AM YOGA Aida	10:30 - 11:45 AM NIA Sandy	10:30 - 11:25 AM MUSCLE MIX Gillian NR	10:30 - 11:25 AM PILATES & THE BALLS Donna
1:00 - 2:15 PM NIA Sandy	11:15 - 12:10 PM MINDFUL MOVEMENT Jill Sackman	11:00 AM - 12:15 PM NIA Sandy	11:50 AM - 12:45 PM PILATES Nicole	11:45 AM - 12:45 PM "GENTLE MUSCLE MIX" Marilyn	11:30 AM - 12:25 PM MUSCLE MIX Lisa N	11:30 - 12:25 PM TURBO KICK Gillian
	12:15 - 1:00 PM MUSCLE MIX Katya	12:30 - 1:30 PM ZUMBA Ricardo NM		12:45 - 1:40 PM TOP TO BOTTOM Melissa L.	12:45 - 1:45 PM ZUMBA Ricardo NM	12:30 - 1:25 PM BELLY DANCING Lori
		4:30 - 5:25 PM 50/50 CYCLE Gillian		4:30 - 5:25 PM MUSCLE MIX Alin M		
5:30 - 6:25 PM MUSCLE MIX Luda	6:00 - 6:55 PM DISCO/SALSA Gillian	5:30 - 6:25 PM HATHA FLOW Jill	5:30 - 6:15 PM MUSCLE MIX Gillian	5:30 - 6:25 PM CARDIO KICK Alin M		
6:30 - 7:25 PM 50/50 CARDIO LOW Lesley	7:00 - 7:40 PM ABS & ROCK BOTTOMS Melissa L.	6:30 - 7:25 PM MUSCLE MIX Gail/Lisa	6:30 - 7:30 PM YOGA Sherri			
7:30 - 8:25 PM PILATES TBA N	7:45 - 8:40 PM YOGA Sherri	7:30 - 8:30 PM BELLY DANCING Hayley	7:30 - 8:25 PM LATIN CARDIO Irene			
8:30 - 9:30 PM ZUMBA Gail N	8:45 - 9:30 PM MUSCLE MIX Irene	8:30 - 9:25 PM TURBO Gail/Gillian				
CYCLE STUDIO						
9:00 - 9:55 AM CYCLE Adina	9:00 - 9:45 AM CYCLE Louise		6:15 - 6:45 AM CYCLE Varissa	9:00 - 9:15am 9:15 - 9:45 AM CYCLE SET UP BEGINNERS CYCLE Adina		8:30 - 9:30 AM CYCLE Beth
	1:00 - 1:45 PM CYCLE Kathy	9:30 - 10:15 AM CYCLE Melissa L. R	9:00 - 9:45 AM CYCLE Melissa L.		9:30 - 10:25 AM CYCLE Gillian	9:45 - 10:30 AM CYCLE Melissa
12:30 - 1:15 PM CYCLE "HILLS & DRILLS" Gillian N	5:15 - 5:30pm 5:30 - 5:55 PM CYCLE SET UP BEGINNERS CYCLE Gillian	4:30 - 5:25 PM 50/50 CYCLE Gillian		12:00 - 12:45 PM CYCLE Alanna	10:35 - 11:30 AM CYCLE Gail	
6:45 - 7:30 PM CYCLE Melissa L.	6:00 - 6:45 PM CYCLE Devi	7:35 - 8:15 PM CYCLE "NIGHT RIDER" Gail				

Promenade Specialty Programs

These programs are designed to motivate our members, introduce new & exciting ways to exercise and focus on particular goals; at an affordable price.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:30 AM - 11:30 AM WEIGHT LOSS CHALLENGE Josee (starts Feb. 15)				10:00 AM - 11:00 AM WEIGHT LOSS CHALLENGE Adina (starts Feb. 19)	9:00 AM - 10:00 AM WEIGHT LOSS CHALLENGE Alex (starts Feb. 20)	
			1:00 - 2:00 PM WEIGHT LOSS CHALLENGE Susanna (starts Feb. 18)	10:00 - 11:00 AM CPS Sharna (starts Jan.14)		11:00 AM - 12:00 PM WEIGHT LOSS CHALLENGE Barbara (starts Feb.21)
5:30 - 6:30 PM TEEN SPIN Jenny B (starts Feb.22)	1:00 - 2:00 PM CPS Sharna (starts Jan.12)		1:00 - 2:00 PM CPS Sharna (starts Jan.14)	12:30 - 1:30 PM TWEEK Sharna (starts Jan.22)	12:00 - 1:00 PM TEEN PERSONAL TRAINING Sandra (starts Feb. 20)	
	1:30 - 3:30 PM MOMMY & BABY FIT. Andrea		1:30 - 3:30 PM MOMMY & BABY FIT. Andrea			1:30 - 2:30 PM KIDS ZUMBA Laura (starts Feb.7)
		5:30 - 6:30 PM TEEN PERSONAL TRAINING Jessica (starts Feb. 17)	5:30 - 6:30 PM TEEN PERSONAL TRAINING Jenny (starts Feb. 18)			
	6:30 PM - 7:30 PM TEEN PERSONAL TRAINING Jessica (starts Feb. 16)		7:30 - 8:30 PM WEIGHT LOSS CHALLENGE Barbara (starts Feb. 18)			
DYNAMIC WORKOUT SCHEDULE: EFFECTIVE FEB. 1						
11:30 AM - 12:30 AM Gillian		10:30 AM - 11:30 AM Josee		9:00 AM - 10:00 AM Josee	10:30 AM - 11:30 AM Sandra	10:00 AM - 11:00 AM Alex
	4:30 PM - 5:30 PM Josee			12:00 PM - 1:00 PM Josee	12:00 PM - 1:00 PM Gail	
	7:30 PM - 8:30 PM Gail		6:30 PM - 7:30 PM Katya			

For information on these groups, please contact reception or Jenny B. at ext. 43.

N - INDICATES NEW CLASS, TIME OR INSTRUCTOR **R** - INDICATES ADVANCED RESERVATIONS AVAILABLE **M** - INDICATES MALE INSTRUCTOR

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