

8/10 – 8/15 Outdoor Fitness Class Schedule

Please note that there are several additions/time changes between this week's and last week's schedule.

*New classes in blue.

*Time changes in red.

MONDAY

7:30 AM	HIIT Cycling	Laura	12	NE Corner Park Patio
8:00 AM	Yoga	Colleen	18	West Patio
8:30 AM	SilverSneakers Classic A	Kerrie	15	NE Corner Park Patio
9:00 AM	Shallow Water Aerobics A	Maria	20	Corner Park Pool
9:00 AM	Cardio Pilates	Colleen	18	West Patio
9:15 AM	SilverSneakers Classic B	Kerrie	15	NE Corner Park Patio
10:00 AM	Shallow Water Aerobics B	Maria	20	Corner Park Pool
5:30 PM	HIIT Cycling	Nellie	12	NE Corner Park Patio

TUESDAY

8:00 AM	Cardio Dance	Brittani	18	West Patio
9:00 AM	Shallow Water Aerobics	Alison	20	Corner Park Pool
8:30 AM	Centre Cycling	Laura	12	NE Corner Park Patio
9:00 AM	FIT	Kristi	18	West Patio
4:30 PM	Centre Cycling	Laura	12	NE Corner Park Patio
6:30 PM	Yoga	Stephanie	18	West Patio

WEDNESDAY

8:00 AM	Interval Training	Colleen	18	West Patio
8:30 AM	SilverSneakers Circuit A	Kerrie	15	NE Corner Park Patio
9:00 AM	Pilates	Colleen	18	West Patio
9:00 AM	Aquacise	Patricia	20	Corner Park Pool
9:15 AM	SilverSneakers Circuit B	Kerrie	15	NE Corner Park Patio
6:30 PM	Kickbox Xtra	Joanne	18	West Patio

THURSDAY

8:00 AM	Cardio Drumming	Phyllis	18	West Patio
8:30 AM	Centre Cycling	Laura	12	NE Corner Park Patio
9:00 AM	Shallow Water Aerobics	Alison	20	Corner Park Pool
9:00 AM	Tabata	Susan	18	West Patio
5:30 PM	Centre Cycling	Nellie	12	NE Corner Park Patio
5:30 PM	X-Fit	Evan	18	West Patio

FRIDAY

8:00 AM	Yoga	Susan	18	West Patio
8:30 AM	HIIT Cycling	Andrew	12	NE Corner Park Patio
9:00 AM	Shallow Water Aerobics A	Maria	20	Corner Park Pool
9:00 AM	Muscle Max	Susan	18	West Patio
10:00 AM	Shallow Water Aerobics B	Maria	20	Corner Park Pool

SATURDAY

8:05 AM	Interval Training	Colleen	18	West Patio
8:30 AM	Centre Cycling	Rotating	12	NE Corner Park Patio
9:10 AM	Power Yoga	Colleen	18	West Patio