

GROUP FITNESS SCHEDULE

EFFECTIVE NOVEMBER 1, 2022

PLEASE NOTE

November 11-14:
No drop-in classes
available

DRYLAND CLASSES (IN STUDIO 1 UNLESS OTHERWISE INDICATED)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15-7:00am				★ sTRXngth (TRX Area)	★ Cycling		
8:00-9:00am		Gentle Fit (7:45-8:30am)		Gentle Fit (7:45-8:30am)		Gentle Fit (7:45-8:30am)	Cycling
9:15-10:15am	Meta-Bolic	Cycling & Barre	Sculpt & Core	Cycling	Meta-Bolic	Sculpt & Core	Athletic Step
		#TricoTough (TRX Area)		#TricoTough (TRX Area)			
10:30-11:30am	Cycling	Meta-Bolic	Zumba	Barre	Zumba	Cycling & Core	Barre
		Fit & Fab (Gymnasium)		Fit & Fab (Gymnasium)		sTRXngth: 55+ (TRX Area)	#TricoTough (TRX Area)
1:30-2:30pm		Bones & Balance	Balance Builders	Bones & Balance	Balance Builders	Bone Builders	Cycling: Teen (1:30-2:15pm)
2:30-3:30pm			Balance Builders		Balance Builders		
4:45-5:45pm		Cycling	Athletic Step	Cycling	sTRXngth (TRX Area)		
6:00-7:00pm		Lift	Cycling	Zumba	Cycling & Barre		
		Cycling: Teen (6:00-6:45pm) Studio 2	Lift: Teen (6:00-6:45pm TRX Area)	#TricoTough (TRX Area)	Women on Weights		

■ REGISTERED CLASS

AQUATIC CLASSES (POOL)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-9:00am							
9:15-10:00am			Baby & You: Aquafit		Baby & You: Aquafit		
10:15-11:15am			DWW	DWW	DWW	★ DWW	
1:30-2:30pm		DWW		DWW			
3:45-4:45pm			Aqua Bootcamp		Aqua Bootcamp		

■ REGISTERED CLASS

MIND/BODY CLASSES (IN STUDIO 4 - MIND/BODY UNLESS OTHERWISE INDICATED)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15-7:00am			★ Yoga: Sun Salute				
8:00-9:00am							Run: Yoga
9:15-10:15am	Pilates for the Pelvic Floor (9:30-10:15am)	Baby & You: Yoga (Studio 3)	Pilates	Baby & You: Barre (Studio 2)	Pilates	Baby & You: Yoga (Studio 3)	Yoga: Vinyasa
10:30-11:30am		Yoga: Yin/Restore	Yoga: Strong	Yoga for Balance	Yoga: Hatha	Yoga: Yin/Restore	Yoga: Teen
1:00-2:00pm				Chair Yoga			
4:45-5:45pm		Pilates		Bro-ga (Hips & Hamstrings)			
6:00-7:00pm		Yoga: Strong	Yoga: Hatha (6:45-7:45pm)	Yoga: Teen	Yoga: Hatha		
7:15-8:15pm				Yoga: Vinyasa			

■ REGISTERED CLASS

PLEASE RESERVE YOUR SPOT AT WWW.TRICOCENTRE.CA/RESERVE