

# Your studio classes

Studio	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00	Interval Bootcamp <i>Rina</i>	Body Flex <i>Wendy</i>	Body Blend <i>Lori</i>	TRX Strength <i>Rina</i>	Interval Bootcamp <i>Wendy</i>		
8:00			Pump Fix <i>Shelly</i>		Circuit <i>Rina</i>		
9:00	Cardio Combo Challenge <i>Shelly</i>	Body Flex <i>Ricki</i>	Triumph Challenge <i>Shelly</i>	Power Fusion <i>Ricki</i>	H.I.I.T. <i>Katherine</i>	Spice It Up <i>Various</i>	Pump Fix <i>Wendy</i>
10:15	Prime Time Cardio <i>Cindy</i>	Posture Perfect <i>Ricki</i>	Prime Time Cardio <i>Gail</i>	Strength & Stretch <i>Gail</i>			
11:15		Cardio Quickie <i>Cassidy</i>					
12:05	Spice it Up <i>Cassidy</i>	Power Fusion <i>Cassidy</i>	Body Bliss <i>Cassidy</i>	Body Flex <i>Kat</i>	TRX Strength <i>Kat/Ricki</i>		
1:00	PACE <i>Raul</i>						
1:15				PACE <i>Raul</i>			
4:30	Triumph Challenge <i>Shelly</i>	Step Express <i>Cheryl/Cassidy</i>	Pump Fix <i>Cindy</i>	Cardio Fusion <i>Brenda</i>			
5:30	Step Express <i>Brenda</i>	Body Flex <i>Cheryl</i>	Spice It Up <i>Brenda</i>	ViPR Strong! <i>Brenda</i>	Step Express <i>Brenda</i>		
6:30	Strong & Calm <i>Brenda</i>			Body Bliss <i>Cheryl</i>			

No classes: September 7, October 12, November 11, December 25, December 26, January 1

No evening classes: December 24, December 31

September 1 - December 31  
Member & Drop-in Weekly Classes

Find weekly class details at

[wellnessinstitute.ca/weekly-classes-schedule/](http://wellnessinstitute.ca/weekly-classes-schedule/)

# Your yoga classes

Studio	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00	Functional Yoga Flow Beginner/ Intermediate <i>Katja</i> (Sep 14-Dec 14)		Vinyasa Flow Continuing <i>Nicole</i> (Sep 9-Dec 16)		Vinyasa Flow Mixed <i>Nicole</i> (Sep 11-Dec 18)	Ayana Mixed <i>Susan</i> (Sep 12-Dec 19)	
10:30	Functional Yoga Flow Intermediate/ Advanced <i>Katja</i> (Sep 14-Dec 14)		Yin Restorative Beginner <i>Nicole</i> (Sep 9-Dec 16)		Yin Restorative Beginner <i>Nicole</i> (Sep 11-Dec 18)		
12:00		Vinyasa Flow Mixed <i>Cheryl</i> (Sep 8-Dec 15)	Yoga for Seniors Beginner <i>Rhonda</i> (Sep 9-Dec 16)				
1:00				Studio Closed 1:00pm-2:00pm	Yoga for Seniors Beginner <i>Rhonda</i> (Sep 11-Dec 18)		
5:15	Ayana Mixed <i>Susan</i> (Sep 14-Dec 21)						
7:00		Restorative Hatha Beginner/ Intermediate <i>Katja</i> (Sep 8-Dec 15)					

No classes: September 7, October 12, November 11,  
December 25, December 26, January 1

No evening classes: December 24, December 31

September 1 - December 31  
Member & Drop-in Weekly Classes

# Your aqua classes

Cardiac Rehabilitation Program members and individuals with high blood pressure must have physician approval prior to pool use. Pool use is for members only.

Aqua	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15	Interval Shelly	Tabata Shelly	Interval Bahia	Tabata 4x4 Raul	Interval Raul		
8:00	Interval Raul	Flex Colleen	Interval Raul	Flex Raul	Interval Ricki		
8:30						Interval Ricki/Bahia	
9:00	Flex Raul	Interval Colleen	Flex Raul	Interval Raul	Flex Ricki		
9:30						Interval Ricki/Bahia	Interval Ricki
10:00	Interval Shelly	Tabata Colleen	Interval Raul	Interval Raul	Interval Colleen		
10:30							Interval Ricki
11:00	Interval Shelly	Interval Colleen	Flex Raul	Flex Raul	50/50 Colleen		
11:30							Pool Closed 11:30am-12:30pm
12:00	Interval Raul		Interval Raul			Pool Closed 12:00pm-1:00pm	
12:15		Arthritis Raul		Arthritis Raul			
1:00	Pool Closed 1:00pm-2:00pm		Pool Closed 1:00pm-2:00pm	Pool Closed 1:00pm-2:00pm Oct 8 – Nov 26	Pool Closed 1:00pm-2:00pm		
2:15	Arthritis Raul		Arthritis Raul		Arthritis Raul		
5:00	Interval Raul						
5:15		Interval Bahia	Interval Karen				
6:00	Interval Raul				Pool Closed 6:00pm-6:30pm		
6:30		Interval Bahia	Interval Karen	Interval Bahia			

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December 25, December 26, January 1

No evening classes: December 24, December 31

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# Your aqua free time

Cardiac Rehabilitation Program members and individuals with high blood pressure must have physician approval prior to pool use. Pool use is for members only.

Aqua	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>AM</b>	5:00 – 6:00 am 7:15 – 7:45 am	5:00 – 6:00 am 7:15 – 7:45 am	7:00 – 8:15 am 10:30 – 11:15 am	7:00 – 8:45 am			
<b>PM</b>	3:15 – 4:45 pm 7:00 – 10:45 pm	1:15 – 5:15 pm 7:30 – 10:45 pm	3:15 – 5:15 pm 7:30 – 10:45 pm	2:15 – 4:30 pm 7:30 – 10:45 pm  1:15 – 2:00 pm Only these dates: Sep 1-Oct 1 and Dec 3-31	3:15 – 5:45 pm 6:45 – 8:45 pm	1:00 – 6:45 pm	1:00 – 6:45 pm

**Holiday hours:** September 7, October 12, December 24,  
December 26, December 31

**CLOSED:** November 11, December 25, January 1

September 1 - December 31  
Member & Drop-in Weekly Classes

# Your cycling classes Some Class Formats Rotate. Check Rotation Dates to Find Today's Cycling Class Format

**1** Sep 2 – 13; Oct 12- 25; Nov 23 – Dec 6    **2** Sep 14- 27; Oct 26 – Nov 8; Dec 7 – 20;  
**3** Sep 28 – Oct 11; Nov 9 – Nov 22; Dec 21- 31

Cycle	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00			1 Strength 2 Interval 3 All Terrain <i>Wendy</i>		1 Lactic Acid Bath 2 Strength 3 Interval <i>Rina</i>		
7:00		1 Interval 2 Lactic Acid Bath 3 Strength <i>Murray</i>		1 Strength 2 Interval 3 Lactic Acid Bath <i>Murray</i>			
8:00		1 Lactic Acid Bath 2 Strength 3 Interval <i>Murray</i>		1 Interval 2 Lactic Acid Bath 3 Strength <i>Murray</i>			
8:30	Quick Spin <i>Rina</i>		Quick Spin <i>Lori</i>		Quick Spin <i>Lori</i>		
9:00						Training Ride <i>Various</i>	Double "R" <i>Various</i>
12:10	1 Lactic Acid Bath 2 Strength 3 Interval <i>Rina</i>						
5:30				Training Ride <i>Murray</i>			
6:45			1 Strength 2 Interval 3 Lactic Acid Bath/ Ride & Resist <i>Brenda</i>				

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