



# West Portage Branch

Effective March 5, 2023

## GROUP FITNESS CLASSES

\*classes are subject to change or cancellation without notice

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Aquafit - Shallow</b> 9:00am - 9:45am	<b>Aquafit - Deep</b> 9:00am - 9:45am	<b>Aquafit - Shallow</b> 9:00am - 9:45am		<b>Aquafit - Deep</b> 9:00am - 9:45am	<b>Aquafit - Shallow</b> 8:15am - 9:00am	
<b>Total Sculpt</b> 9:15am - 10:00am	<b>Low Impact Synrgy</b> 9:15am - 10:15am	<b>Total 20's</b> 9:15am - 10:15am	<b>Bandtastic Sculpt</b> 9:15am - 10:00am	<b>Cardio Strength Crossover</b> 9:15am - 10:00am	<b>CycleFit</b> 9:00am - 9:45am	
<b>Abs+</b> 10:00am - 10:30am	<b>Cycle+</b> 9:15am - 10:00am		<b>Low Impact Synrgy</b> 9:15am - 10:15am		<b>HIIT + Strength</b> 10:00am - 10:45am	<b>Total Sculpt</b> 10:00am - 10:45am
<b>Aquafit - Deep</b> 10:00am - 10:45am	<b>Yoga - Hatha</b> 10:15am - 11:15am	<b>Aquafit - Deep</b> 10:00am - 10:45am	<b>Stretch Xpress</b> 10:00am - 10:30am			<b>Yoga - Hatha</b> 11:00am - 12:00pm
<b>Sit Fit</b> 1:15pm - 2:00pm	<b>Aquafit - Shallow</b> 1:15pm - 2:00pm	<b>Gentle Fit</b> 1:15pm - 2:00pm	<b>Aquafit - Shallow</b> 1:15pm - 2:00pm			
<b>Sculpt on the Step</b> 6:00pm - 6:45pm		<b>CycleFit</b> 6:00pm - 6:45pm	<b>Raise The Bar</b> 6:00pm - 6:45pm	<b>TRX+</b> 6:00pm - 6:45pm		
<b>Body Link</b> 6:45pm - 7:30pm	<b>Cardio Strength Crossover</b> 6:00pm - 6:45pm	<b>Synrgy</b> 6:00pm - 7:00pm				
		<b>Zumba</b> 7:00pm - 7:45pm				
		<b>Aqua Zumba</b> 8:00pm - 8:45pm				

● Speciality    
 ● Strength-based    
 ● Cardio-based    
 ● Aquatic-based    
 ● Gentle Fit-based

Monday - Friday: 6:00 am - 10:30 pm • Saturday - Sunday: 7:00 am - 8:00 pm  
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