

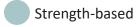
Elmwood-Kildonan Branch

Effective June 2023

GROUP FITNESS CLASSES

		*classes are subject to cancellation or change without notice				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Triple Sets 6:30am - 7:15am		HIIT + Strength 6:30am - 7:15am		HIIT + Strength 6:30am - 7:15am		
Aquafit - Shallow 9:15am - 10:00am	Aquafit - Shallow 9:15am - 10:00am	Aquafit - Shallow 9:15am - 10:00am	Aqua Zumba 9:15am - 10:00am	Aquafit - Shallow 9:15am - 10:00am	Total 20's 9:00am - 10:00am	Aquafit - Shallow 9:15am - 10:00am
Total Sculpt 9:15am - 10:00am	Total 20's 9:15am - 10:00am	Bandtastic Sculpt 9:15am - 10:00am	Step + 9:15am - 10:00am	Abs+ 9:15am - 9:45am	Yoga - Hatha 10:15am - 11:15am	
	Aquafit - Shallow 12:00pm - 12:45pm		Aquafit - Shallow 12:00pm - 12:45pm			
			Zumba Gold 1:30pm - 2:15pm		Aqua Zumba 1:00pm - 1:45pm	
Beginner Strength 6:00pm - 6:45pm		Zumba 6:00pm - 6:45pm				
	Triple Sets 6:00pm - 6:45pm	Total Sculpt 6:45pm - 7:30pm	Yoga - Vinyasa 6:00pm - 7:00pm			
Zumba 7:15pm - 8:00pm	Yoga - Vinyasa 7:00pm - 8:00pm					
Aquafit - Shallow 8:00pm - 8:45pm		Aquafit - Shallow 8:00pm - 8:45pm				





Cardio-based



Aquatic-based



Gentle Fit-based