

# GROUP FITNESS "SUMMER" SCHEDULE

EFFECTIVE : AUGUST 3, 2010



8383 Weston Road , Woodbridge

905-850-2226

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
						8:30-9:15AM <b>ABS/BUTT/ THIGHS</b> SILVANA			8:30-9:30AM <b>AQUA INTERVAL</b> MANDEEP		8:30-9:00AM <b>SOCIAL SWIM</b> (No instructor)		
9:30-10:30AM <b>PUMP-IT</b> DANIELLA		9:30-10:30AM <b>TURBO KICK</b> SILVANA	9:30-10:15AM <b>AQUA FIT</b> SABRINA M.	9:30-10:30AM <b>PUMP-IT</b> SILVANA	9:30-10:30AM <b>AQUA INTERVAL</b> SABRINA M.	9:30-10:30AM <b>BOOT CAMP</b> DOMENIC	9:30-10:15AM <b>AQUA FIT</b> SILVANA	9:30-10:30AM <b>PUMP-IT</b> SILVANA		9:15-10:15AM <b>CARDIO PUMP</b> DANIELA	9:00 - 9:45AM <b>AQUA SCULPT</b> ANNA G.	9:00-9:45AM <b>BOOT CAMP</b> ANNA C.	
	10:30-11:15AM <b>AQUA SALSA</b> DANIELLA	10:30-11:00AM <b>POWER ABS/BACK</b> SILVANA		10:30-11:15AM <b>BOXERCISE</b> SILVANA		★		10:30-11:30AM <b>HATHA FLOW YOGA</b> KARIN		10:15-11:15AM <b>ASHTANGA YOGA</b> DINA	10:00-1:30PM <b>RED CROSS PRIVATE SWIM LESSONS</b>	9:45-10:30AM <b>ABS/BUTT/ THIGHS</b> ANNA C.	
				12:00-12:45AM <b>PUMP-IT</b> DANIELLA									
5:30-6:30PM <b>PUMP-IT</b> JANET		5:30-6:30PM <b>CARDIO PUMP</b> JANET		5:30-6:30PM <b>PUMP-IT</b> JANET		5:30-6:30PM <b>KICK BOX</b> BRUNO					<b>SPINNING &amp; more BOOT CAMP classes available at Real Club Training (located next door)</b>		
6:30-7:30PM <b>CARDIO STEP</b> ADRI	3:30-8:00PM <b>RED CROSS PRIVATE SWIM LESSONS</b>	6:30-7:30PM <b>PUMP-IT</b> ANNA G.		6:30-7:30PM <b>20/20/20</b> ADRI	3:30-8:00PM <b>RED CROSS PRIVATE SWIM LESSONS</b>	6:30-7:30PM <b>CARDIO PUMP</b> ANNA G.			6:00-8:00PM <b>RED CROSS PRIVATE SWIM LESSONS</b>	★ = New Classes			
7:30-8:30PM <b>PILATES</b> ANDREA		7:30-8:30PM <b>ZUMBA</b> ANGELICA	7:30-8:15PM <b>AQUA CARDIO INTERVALS</b> SABRINA	7:30-8:30PM <b>HATHA FLOW YOGA</b> KARIN		7:30-8:30PM <b>PILATES</b> ANDREA	7:30-8:15PM <b>AQUA CARDIO INTERVALS</b> ANNA G.			<b>CLUB HOURS:</b> Mon-Thurs 5:30 AM- 11:00 PM Fri 5:30 AM- 10:00 PM Sat & Sun 7:00 am - 7:00 pm			
	8:05- 8:50PM <b>AQUA FIT</b> SABRINA			8:30-9:30PM <b>KICK BOX</b> BRUNO						<b>CHILDMINDING HOURS:</b> Mon-Fri 9:00 am - 1:00pm Mon-Thurs 5:00 pm - 9:00pm Sat 9:00 am - 1:00 pm			

Print your copy of the schedule at [www.realfitnessforwomen.ca](http://www.realfitnessforwomen.ca)

Silvana Taffo - Group Fitness Coordinator

[silvana@realfitnessforwomen.ca](mailto:silvana@realfitnessforwomen.ca)

\* For more information on Private Swim lessons please call 905-850-2226 ext. 301.

\* For more information on Mommy & Baby programs please call 905-770-3400.

\* Real Fitness for Women Reserves the right to change the schedule without notice.