

# Revised Group Exercise Schedule *effective March 14<sup>th</sup>*



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 – 7:25AM		Hard Core Cycle Amos		Hard Core Cycle Amos			
8:15 – 9:10AM	<b>8:00 – 8:55</b> Essentrics Jeff	Restorative Pilates Meredith		M-Power Johnny		<b>8:00 – 8:55</b> X-HIIT Tony	<b>8:00 – 8:55</b> M-Power Teri
9:15 – 10:10AM	Power Circuit Teri	M-Fusion Meredith	Power Circuit Teri	M-Power Johnny	Group Cycle Danielle	<b>9:15 – 10:10</b> Group Cycle & Strength Tony	<b>9:15 – 10:10</b> Group Cycle Johnny
10:15 – 11:10AM	Yin Yang Yoga Toni	Group Cycle Johnny	Cardio Dance KJ McKnight	X-HIIT Tanya	Yin Yang Yoga Toni	<del><b>10:30 – 11:55</b> Alignment Yoga *Advanced Level* Kim</del>	<b>10:30 – 11:35</b> Hatha Flow Sherri
11:15 – 12:10PM			Essentrics Jeff		Cardio Dance KJ McKnight	<del><b>12:00 – 1:15</b> Alignment Yoga *All Levels* Kim</del>	<b>12:00 – 12:55</b> Vinyasa Flow Cara
12:30 – 1:25PM		X-HIIT Tanya		Pilates 360 Marilyn			
1:30 – 2:25PM							
6:00 – 6:55PM	M-Power Johnny	Cardio Dance KJ McKnight	Strength & Stretch Teri	<del><b>6:00 – 7:15</b> Alignment Yoga Kim</del>			
7:00 – 7:55PM	M-HIIT Johnny	<b>7:00 – 8:10</b> Yin Yoga Toni					
8:00 – 8:55PM	<del><b>8:00 – 9:10</b> Alignment Yoga Kim</del>						

## IMPORTANT INFORMATION

- Classes are available for online booking **72 hours (3 days)** prior to the class start time. Register at: [embodyfitness.antis.ca](http://embodyfitness.antis.ca)
- Booked class spots become available if a member does not show up within 5 minutes of the class start time.
- Participants may not enter a class more than 10 minutes after the start time.
- If you cannot attend a class, please cancel with as much notice as possible. There is a \$10 fee for "No Shows".
- Class descriptions can be found online at [embodyfitnessclubs.com/group-exercise-classes](http://embodyfitnessclubs.com/group-exercise-classes)