

Winter Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 – 7:25AM		Hard Core Cycle Amos		Group Cycle Andy			
8:15 – 9:10AM		Restorative Pilates Trina	Cardio, Core and More Anissa	M-Power Johnny		8:00 – 8:55 M-Power Margo	8:00 – 8:55 M-HIIT Tanya
9:15 – 10:10AM	Group Cycle Chuck	Restorative Pilates Trina	Cardio, Core and More Anissa	M-Power Johnny	Group Cycle Danielle	9:15 – 10:10 Group Cycle & Strength Tanya	9:15 – 10:10 Group Cycle Johnny
10:15 – 11:10AM	Vinyasa Flow Toni	Group Cycle Johnny	Cardio Dance KJ McKnight	M-HIIT Tanya	Yin Yang Yoga Toni	10:30 – 11:55 Alignment Yoga <i>*Advanced Level*</i> Kim	10:30 – 11:35 Hatha Flow Sherri
11:15 – 12:10PM	Dance and Strength Teri				Cardio Dance KJ McKnight	12:00 – 1:15 Alignment Yoga <i>*All Levels*</i> Kim	12:00 – 1:00 Hatha Flow Cara
1:00 – 1:55PM			Group Cycle Anissa				
2:00 – 2:55PM	Essentrics Jeff	M-HIIT Tanya		Pilates 360 Mia	IMPORTANT INFORMATION <ul style="list-style-type: none"> • Classes are available for online booking 72 hours (3 days) prior to the class start time. Register at: http://embodyfitness.antisaris.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 		
6:00 – 6:55PM	5:50 – 6:45 Group Cycle & Strength Danielle	Cardio Dance KJ McKnight	Strength & Stretch Teri	5:45 – 6:55 Alignment Yoga Kim			
7:00 – 7:55PM	M-HIIT Johnny	7:00 – 8:10 Yin Yoga Toni					
8:00 – 8:55PM	8:00 – 9:10 Alignment Yoga Kim						