

# River Grove Community Centre Drop-in Fitness Classes

## Effective November 15, 2008

| Monday  | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday  | Sunday  |
|---|---|---|--|---|---|---|
| 8:00 am<br><b>Toning</b><br><i>Sherry</i>             | 9:10 AM<br><b>**Nordic Walk</b><br><i>Janet</i>         | 8:00 am<br><b>Torture Chamber</b><br><i>Cris</i>    | 9:10 AM<br><b>**Nordic Walk</b>                            |   | 8:00 am<br><b>**Nordic Walk</b><br><i>Donna</i>               |   |
| * 9:10 am<br><b>Hi/low &amp; Tone</b><br><i>Joyce</i> | * 9:10 am<br><b>Step Circuit</b><br><i>Joyce</i>        | * 9:10 am<br><b>Step</b><br><i>Lisa</i>             | * 9:10 am<br><b>Step /Low /Tone</b><br><i>Joyce</i>        | * 9:10 am<br><b>The Edge</b><br><i>Janet/Lisa</i> | 8:45 - 9:55 am<br><b>Hi/Low &amp; Tone</b><br><i>Rotation</i> | 8:45 - 9:55 am<br><b>Low &amp; Tone</b><br><i>Deb</i> |
| * 10:15 am<br><b>Toning</b><br><i>Janet</i>           | * 10:15 am<br><b>Fusion &amp; Ball</b><br><i>Sylvia</i> | * 10:15 am<br><b>Pilates</b><br><i>Josee</i>        | * 10:15 am<br><b>Ball</b><br><i>Janet</i>                  | *10:15 am<br><b>Yoga</b><br><i>Anne-Marie P.</i>  | 10:00 am<br><b>Step &amp; Tone</b><br><i>Heather</i>          | 10:00 am<br><b>Pilates</b><br><i>Josee</i>            |
|   | 1:15 pm<br><b>Fusion</b><br><i>Lisa</i>                 |   |  |   | 11:00 am<br><b>Power Yoga</b><br><i>Zaneta</i>                | 11:00 am<br><b>Step</b><br><i>Elaine</i>              |
|   | 5:00 pm<br><b>Toning</b><br><i>Julie D</i>              | 5:30 pm<br><b>Power Yoga</b><br><i>Robert</i>       | 5:15 pm<br><b>Step</b><br><i>Beata</i>                     |   | 12:00 pm<br><b>Toning</b><br><i>Vickie</i>                    |   |
| 6:30 pm<br><b>Low &amp; Tone</b><br><i>Deb/Sherry</i> | 6:00 pm<br><b>Power Yoga</b><br><i>Robert</i>           | 6:30 pm<br><b>Step Interval</b><br><i>Elaine</i>    | 6:15 pm<br><b>Zumba</b><br><i>Sandra</i>                   | 6:15 pm<br><b>Low &amp; Tone</b><br><i>Nancy</i>  |   |   |
| 7:30 pm<br><b>Step &amp; Stretch</b><br><i>Elaine</i> | 7:00 pm<br><b>Hi/Low</b><br><i>Bruce</i>                | 7:30 pm<br><b>Circuit/Toning</b><br><i>Roseanne</i> | 7:15 pm<br><b>Low &amp; Tone</b><br><i>Debbie/Roseanne</i> | 7:30 pm<br><b>Power Yoga</b><br><i>Anuja</i>      |   |   |
| 8:30 pm<br><b>Pilates</b><br><i>Josee</i>             | 8:00 pm<br><b>Step &amp; Tone</b><br><i>Elaine</i>      | 8:30 pm<br><b>Hi/Low &amp; Tone</b><br><i>Nancy</i> | 8:15 pm<br><b>Toning</b><br><i>Nancy</i>                   |   |   |   |

\*Child Care available Monday - Friday 9 am - 11:30 am

Nordic Walking sessions will be cancelled in inclement weather.

Class times, types and Instructors are subject to change.



**River Grove 905-615-4780**