



# Fitness Centre Schedule

Effective June 28th, 2024

|         | MONDAY                             | TUESDAY                               | WEDNESDAY                               | THURSDAY                          | FRIDAY   | SATURDAY   | SUNDAY            |
|---------|------------------------------------|---------------------------------------|---|-----------------------------------|--|--|-------------------|
| MORNING | 8:00-9:00AM                        |                                       |   | Hatha Yoga<br>Jane                |  |  |                   |
|         | 9:00 – 10:00AM Walking Track Time* |                                       |   |                                   |  |  |                   |
|         | 9:15-10:15AM                       | Hatha Yoga<br>Jane                    | SPORT<br>Jane                           | Body Blast<br>Jane                | Spin Express<br>Jane<br>(9:15-10am)<br>Outdoor Yoga<br>Gwendolyn<br>(9am-10am) | Dance Fusion<br>Jeries   | Hatha Yoga<br>Joy |
|         | 10:30-11:30AM                      | Body Balance<br>Jane                  | Spin Express<br>Jane<br>(10:30-11:15am) |                                   | Body Balance<br>Jane<br>(10:15am-11:15am)                                      | Muscle Tone<br>Jeries  | Spin<br>Jane      |
| EVENING | 5:30-6:30PM                        |                                       | Body Balance<br>Jane                    | Pilates<br>Joy<br>(5:45 – 6:30pm) | Body Sculpt<br>Joy   | Please call 905-939-1216 or email us at <a href="mailto:fitness@king.ca">fitness@king.ca</a> for any inquiries |                   |
|         | 6:45-7:45PM                        | Spin Express<br>Jane<br>(6:45-7:30pm) | Body Blast<br>Jane                      | Body Sculpt<br>Joy                | Yoga<br>Joy  | All Classes are located in the Multipurpose Rooms A and B (Spin Included)                                      |                   |

\*Free hour use for 55+ and Parents & Strollers

## HOURS OF OPERATION – FITNESS CENTRE & TRACK

Mon – Thurs 6AM – 9PM

Friday 6AM – 7PM

Saturday & Sunday - 8AM – 4PM