

Private Fitness Classes Summer 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		6:45 – 7:45 am Yoga & Pilates Level 2 Lorrie Last class June 22	6:45 -7:45 am Yoga & Pilates level 2 Lorrie July 4 – 28			
8:45 – 9:45 am Lower Body Blast Tamara		8:45 – 9:45 am Upper Body Blast Tamara		8:45 – 9:45 am Total Body Blast Tamara		
10 – 11:00 am Low Impact Cardio/Strength Tamara	11:00 am - 12 Building Bones all Levels last class June 7	10 – 11:00 am Low Impact Cardio/Strength Tamara		10:30 am – 12 Yoga & Pilates Level 2 Lorrie Last class June 24th	9:00 – 10 am 30/30 Cycling & Boxing Shirley	
1:00 – 2:40 pm Cardiac Rehab Program Lorrie Last class June 16	12:10 – 12:50 Yoga & Pilates All Levels Lorrie Last class June 7		1:00 – 2:40 pm Cardiac Rehab Program Lorrie Last class June 16			
4:30 – 5:30 Ultimate Hockey Challenge C Hill Starts July 11 6 weeks	4:30 – 5:30 Ultimate Hockey Challenge C Hill Starts July 11 6 weeks					
5:15 – 6:15 Step Tamara		5:30 – 6:30 pm Step & Sculpt Shirley				
NEW 6 – 8 pm Marshall Arts Guy Lafleur			6:00 – 7:00 pm Boot Camp Shirley	NEW 6 – 8 pm Marshall Arts Guy Lafleur		