






FITNESS CLASS SCHEDULE from August 03/10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:25 am - 8:05 am		SPIN Nancy		PEDAL & PUMP Nancy	
11:30 am - 12:10 pm		PEDAL & PUMP Nancy		SPIN Nancy	SPARTACUS Nancy NEW! (1/2 hour)
12:10 pm - 12:50 pm	ZUMBA! Esme	BOOTCAMP Janice NEW!	CARDIO/MUSCLE CIRCUIT Kerri	STEP & SCULPT Sandra	CORE STRENGTH & BALANCE Nancy
1:00 pm - 1:40 pm	SPARTACUS Nancy NEW! (1/2 hour)	YOGA Linda			SPIN Ben/Nancy
4:45 pm - 5:25 pm	PEDAL & PUMP Nancy		SPARTACUS Nancy NEW! (1/2 hour)		

For further information, or to sign up for prepaid classes, please call Nancy at 905-415-2579 or email @oakland@healthsystemsgroup.com