



Meadow Park
Sports Centre

SEPTEMBER 2022 GROUP FITNESS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28 CLASS TYPES I- Included R- Registered Program F- Flex Reg	29	30	31	1 STUDIO CLOSED	2 STUDIO CLOSED	3 STUDIO CLOSED
4 STUDIO CLOSED	5 STUDIO CLOSED	6 I- 7-8 a.m. Strength & Cardio w M-A I- 9-10 a.m. Strength & Stretch w M-A I- 5:30-6:30 p.m. Mnt Ready w Alex	7 I- 7:30-8:30 a.m. Strength & Stretch w Carly R- 8:50-10 a.m. Walk 'n' Workout w M-A (Try it for \$5) I- 9-10 a.m. Strength & Cardio w Carly F-10:30-11:30 a.m. Mom & Baby 2.0 w Sara I- 1-2 p.m. Gentle Fit w Diana I- 6:45-7:45 p.m. Zumba w Carmen	8 I- 7-8 a.m. Full Body H.I.I.T w M-A I- 9-10 a.m. Low Impact Strength w Anna R- 6:30-7:30p.m. Prenatal Fitness w Sara	9 I- 9-10 a.m. Full Body H.I.I.T w Alex I- 1-2 p.m. Gentle Fit w Diana	10 I- 7:45-8:45 a.m. Glutes & Core w Diana I- 9-10 a.m. Low Impact Strength w Diana I- 10:30-11:30 a.m. Zumba w Susie
11	12 STUDIO CLOSED I- 9-10 a.m. Strength & Yoga Outside Sara & Heidi POP UP CLASS	13 STUDIO CLOSED	14 STUDIO CLOSED R- 8:50-10 a.m. Walk 'n' Workout w M-A POP UP CLASS w Sara & Laura I- 10:30-11:30 a.m. Stroller Fit & Yoga Outside	15 I- 7-8 a.m. Full Body H.I.I.T w M-A I- 9-10 a.m. Low Impact Strength w Anna R- 6:30-7:30 p.m. Prenatal Fitness w Sara	16 I- 9-10 a.m. Full Body H.I.I.T w Alex I- 1-2 p.m. Gentle Fit w Diana	17 I- 7:45-8:45 a.m. Glutes & Core w Diana I- 9-10 a.m. Low Impact Strength w Diana I- 10:30-11:30 a.m. Zumba w Susie
18	19 I- 7:30-8:30 a.m. Mnt Ready w Steve I- 9-10 a.m. Yin & yang Yoga w Heidi	20 I- 7-8 a.m. Strength & Cardio w Lou I- 9-10 a.m. Strength & Stretch w Lou POP UP CLASS w Diana & Carmen I- 12-1 p.m. Strength & Zumba Inside I- 5:30-6:30 p.m. Mnt Ready w Steve I- 8-9 p.m. Slow Flow Yoga w LAura	21 STUDIO CLOSED	22 STUDIO CLOSED POP UP CLASS w Lou & M-A I- 7:30-8:30 a.m. Strength & Run Outside	23 STUDIO CLOSED	24 STUDIO CLOSED
25	26 I- 7:30-8:30 a.m. Mnt Ready w Steve I- 9-10 a.m. Yin & yang Yoga w Heidi	27 I- 7-8 a.m. Strength & Cardio w Lou R- 7:45-8:30 a.m. Swim Fit w M-A \$5 I- 8:45-9:45 a.m. Aqua Fit Deep w M-A I- 9-10 a.m. Strength & Stretch w Lou POP UP CLASS w Diana & Lisa I- 1-2 p.m. Walk & Chair Yoga inside I- 5:30-6:30 p.m. Mnt Ready w Steve I- 8-9 p.m. Slow Flow Yoga w Laura	28 I- 7:30-8:30 a.m. Strength & Stretch w Lou R- 8:50-10 a.m. Walk 'n' Workout w M-A I- 9-10 a.m. Strength & Cardio w Lou F-10:30-11:30 a.m. Mom & Baby 2.0 w Sara I- 1-2 p.m. Gentle Fit w Diana I- 6:45-7:45 p.m. Zumba w Carmen	29 I- 7-8 a.m. Full Body H.I.I.T w Anna R- 7:45-8:30 a.m. Swim Fit w M-A \$5 I- 8:45-9:45 a.m. Aqua Fit Shallow w M-A I- 9-10 a.m. Low Impact Strength w Anna R- 6:30-7:30 p.m. Prenatal Fitness w Sara	30 STUDIO CLOSED National Day of Truth & Reconciliation	1