

DROP IN SCHEDULE



FALL 2022 (September 6th - October 23rd, 2022)

Note: Classes with * will begin the week of Sept 12th

MORNING SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
6:00 AM		*BOOTCAMP (ON)* Lee 2	*BOXING* Lee 2	*TONE & SCULPT (ON)* Lee 2						
6:30 AM	SPIN Bryan 2									
9:00 AM	AQUABICS (SHALLOW) Tracy R 1	BENDER BALL Candace 1	AQUAJOG (DEEP) Tracy R 2	STEP & SCULT Sarah 1	*AQUABICS (SHALLOW)* Tracy G 1	AQUAJOG (LANES) Tracy R 2	STRONG SENIORS Sarah 1	AQUABICS (DEEP) Tracy G 2	HATHA YOGA (SASK, 1.5HRS) Maureen 1	AQUAJOG (LANES) Tracy R 2
9:30 AM		STRONG SENIORS Karen GV 2		STRONG SENIORS VARIETY Karen GV 1						
10:15 AM	AQUABICS (DEEP, 45 MINS) Collette 1	*HAPPY HIPS (ON)* Diana 1	AQUABICS (SHALLOW, 45 MINS) Collette 1	*AQUABICS (DEEP, 45 MINS)* Tracy G 1	MAT PILATES (ON) Diana 1	AQUABICS (SHALLOW, 45 MINS) Collette 1	AQUA ZUMBA (SHALLOW, 45 MINS) Susie 2	GENTLE YOGA (ON, 45 MINS) Kelly 1		(10 AM) SPIN Susan 2
11:15 AM			*LOW-IMPACT WATER MOVEMENT (45 MINS)* Tracy G 1							(11 AM) FULL BODY STRENGTH + HIIT Britt 3

LUNCH SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:15 PM	STEP CIRCUIT (45 MINS) Trish 2	FLOW YOGA (ON) Holly 1	BOXFIT (45 MIN) Lynda	KETTLEBELL (45 MINS) Lynda 2	HIIT YOGA (ON) Diana 2	STEP + CONDITIONING (45 MINS) Trish 2	
1:30 PM	SENIOR SPIN (45 MINS) Jim 1		SENIOR SPIN (45 MINS) Jim 1				NO CLASSES
2:30 PM	CORE & MORE Karen GV 2						NO CLASSES

EVENING SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 PM	HIIT Gloria 3	HATHA YOGA (SASK, 1.5 HRS) Maureen 1	BOOTCAMP Susan 2	FULL BODY BOOTCAMP Kim 2	KETTLEBELL Gloria 2	HATHA YOGA (SASK, 1.5 HRS) Maureen 1	SPIN BOOTCAMP Susan 3
6:00 PM	KETTLEBELL ADVANCED Brent 3	KETTLEBELL ADVANCED (45 MINS) Britt 3	CORE Gloria 3	TRX ADVANCED Britt 3	HIIT (45 MINS) Tim 3	NO CLASSES	NO CLASSES
7:00 PM	ZUMBA TONING Share 1		ZUMBA Brooke 1		(6:45 PM) ZUMBA STEP Share/Susie 2		
7:30 PM	AQUAJOG (LANES) Tracy R 2	ZUMBA Susie 1	AQUAJOG (LANES) Steve 2	AQUAJOG (LANES) Tracy G 2	ZUMBA Susie 1		

INTENSITY KEY: 1 Beginner 2 Intermediate 3 Advanced

*If you work within your limites and take advantage of modifications provided you can attend most classes regardless of the rating.

Online booking can be done at cityofthunderbay.perfectmind.com 30 days in advance – this will help us notify you of any cancellations or changes. You can also go to thunderbay.ca/cgc > pre-booking and pre-screening info > register online (under pre-book an activity) – find them under the drop in tab

All classes are 1 hour and in the Quebec room unless stated otherwise

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* please bring your own yoga mat