

RED Drop in Schedule: Feb 22nd – March 14th, 2021

Please check back for changes if colour changes from RED

Online booking can be done at thunderbay.ca/cgc 10 days in advance

All classes are 45 minutes unless stated otherwise

All classes are in the Quebec room unless stated otherwise

Monday

9:00am Aquabics (Deep) – Jesse

9:00am Benderball – Candace

10:15am Aquabics (Shallow) – Jesse

1:30pm Senior Spin – Jim

2:45pm Core and More – Karen GV

5:00pm Functional Fitness – Gloria

6:15pm Kettlebell Advanced – Brent

7:15pm Aquabics (Deep) – Tracy R

7:30 pm Zumba Toning – Share

Tuesday

9:00am Strong Seniors – Karen GV

9:00am Aquabics (Deep) – Tracy R

10:15am Gentle Yoga (ON) - Kelly

10:15am Aquabics (Shallow) – Collette

10:15am Strong Seniors – Karen GV

12:15pm Step Circuit – Trish

5:00pm Hatha Yoga (SASK – 1h15) – Maureen

6:15pm Bootcamp – Susan

7:30pm Zumba – Susie

Wednesday

9:00am Step Skip and Sculpt – Sarah

9:00am Aquabics (Deep) – Tracy G

10:15am Aquabics (Shallow) – Tracy G

12:00pm Power Yoga (ON) – Kelly

1:30pm Senior Spin – Jim

5:00pm Core – Gloria
6:15pm HIIT – Gloria
7:15pm Aquabics (Deep) – Tracy G

Thursday

9:00am Strong Seniors – Karen GV
9:00am Aquabics (Deep) – Tracy R
10:15am Yoga Essentials – Kelly
10:15am Aquabics (Shallow) – Collette
10:15am Strong Seniors – Karen GV
12:15pm Step + Conditioning – Trish
1:30pm Baby Bodybuilders - Danielle
5:00pm Kettlebell – Danielle
6:15pm TRX Advanced – Danielle
7:30pm Zumba - Susie

Friday

9:00am Strong Seniors – Sarah
9:00am Aquabics (Deep) – Tracy G
10:15am Aqua Zumba (Shallow) - Susie
5:00pm Spin Bootcamp – Susan
6:30pm Zumba Step – Share/Susie

Saturday

9:00am Hatha Yoga (SASK – 1h15) – Maureen

Sunday

9:00am Aquabics (Deep) – Tracy R
10:00am Spin – Susan