



# Fitness Centre Schedule

Effective April 2<sup>nd</sup>, 2024

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	8:00-9:00AM			Hatha Yoga Jane			Bootcamp Andrew	
	9:00 – 10:00AM Walking Track Time*							
	9:15-10:15AM	Hatha Yoga Jane	SPORT Jane	Body Blast Jane	Spin Express Jane (9:15-10:00am)	Dance Fusion Jeries	Hatha Yoga Joy	Body Blast Jane
	10:30-11:30AM	Body Balance Jane	Spin Express Jane (10:30-11:15am)		Body Balance Jane (10:15am-11:15am)	Muscle Tone Jeries		Spin Jane
EVENING	5:30-6:30PM		Body Balance Jane	Pilates Joy (5:45 – 6:30pm)	Body Sculpt Joy	<p>Please call 905-939-1216 or email us at <a href="mailto:fitness@king.ca">fitness@king.ca</a> for any inquiries</p> <p>All Classes are located in the Multipurpose Rooms A and B (Spin Included)</p>		
	6:45-7:45PM	Spin Express Jane (6:45-7:30pm)	Body Blast Jane	Body Sculpt Joy	Yoga Joy			

\*Free hour use for 55+ and Parents & Strollers

## HOURS OF OPERATION – FITNESS CENTRE & TRACK

Mon – Thurs 6AM – 9PM

Friday 6AM – 7PM

Saturday & Sunday - 8AM – 4PM