



# NORTH OSHAWA

69 Taunton Rd. W Oshawa, ON

905-720-2111

Please visit our website @

[www.ultimatefitnessclub.ca](http://www.ultimatefitnessclub.ca)

and fill out the Group Fitness survey

with your input on our schedule.

## Group Fitness Schedule

**\*DECEMBER SCHEDULE\***

Group Fitness Manager: Michelle Kruger (North Oshawa Only)

[mkruger@rogers.com](mailto:mkruger@rogers.com)

### Club Hours

### Playcare Hours

Mon - Thurs

4:15am - 12:00am

9:00am-12:00pm

Friday

4:15am- 12:00am

4:45pm - 8:30pm

Sat

6:30am - 8:00pm

9:00 am-1:00pm

Sun

6:30am - 8:00pm

9:00 am-1:00pm

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



### MORNING CLASSES

7:00-8:00

Boot Camp  
Rhonda

7:00-8:00

Powercore  
(1,2,3)  
Rhonda

7:00-8:00

Kettlebell  
(1,2,3)  
Bethany/Shannon

8:00-9:00

Spinning  
(1,2,3)  
Gene

8:00-9:00

Yoga  
(1,2,3)  
Michelle

8:00-9:00

Bootcamp  
(1,2,3)  
Michelle

8:00-9:00

Spinning  
(1,2,3)  
Gene

8:00-9:00

Yoga  
(1,2,3)  
Chantale

8:00-9:00

Yoga  
(1,2,3)  
Juliana

8:00-9:00

Spin Bootcamp  
(1,2,3)  
Rhonda

9:15-10:15

Combat  
(1,2,3)

9:15-10:15

Strength & Tone  
(1,2,3)  
Chantale

9:15-10:15

Dynamic 30/30  
(1,2,3)  
Gillian

9:15-10:15

Strength & Tone  
(1,2,3)  
Jewel

9:15-10:15

Insanity/P90X  
(2,3)

9:15-10:15

Step Circuit  
(2,3)  
Rhonda/Deb Smith

9:15-10:25

Step Interval  
(2,3)  
Rhonda

10:15-11:30

yogaliates  
(1,2,3)  
Chantale

10:15-10:45

Stretch  
(1,2,3)  
Chantale

10:30-11:30

Yoga  
(1,2,3)  
Donna

10:15-10:45

Stretch  
(1,2,3)  
Jewel

10:30-11:30

Zumba  
Amy

10:30-11:30

Yoga  
(1,2,3)  
Teresa/Gerald

### EVENING CLASSES

5:00-6:00

Body Blast  
(1,2,3)  
Michelle

5:00-6:00

Spinning  
(1,2,3)  
Rhonda

5:00-6:00

Body Blast  
(1,2,3)  
Rhonda/Deb

5:00-6:00

Zumba  
Stephanie

5:00-6:00

SUB: Rhonda

6:00-7:00

Spinning Bootcamp  
(2,3)  
Lisa

6:00-7:00

Pure Strength  
(1,2,3)  
Dwayne

6:00-7:00

Spin  
(1,2,3)  
Dwayne/Jean

6:00-7:00

Strength & Tone  
(1,2,3)  
Michelle/Dwayne

7:00-8:00

Full Body  
(1,2,3)  
Jewel

7:00-8:00

Hatha Yoga  
(1,2,3)  
Teresa

7:00-8:00

Kettlebell  
(1,2,3)  
Bethany/Shannon

7:00-8:00

Yoga Stretch  
(1,2,3)  
Teresa

**JOIN US ONLINE**  
"LIKE US" on FACEBOOK  
for the latest news and events!

Let us help you track your  
Personal Fitness Goals! See  
our Consultant for your FREE  
Fitness Evaluation

### Group Fitness Code of Conduct

Classes are subject to change due to member response and attendance.

Want access to all 3 clubs? See a Sales Rep. for details on a Multi-Club Membership

### Fitness Levels

(1) Beginner (2) Intermediate (3) Advanced