

725 BLOOR ST. W., OSHAWA



905-433-3832

JANUARY 1ST

**FITNESS STUDIO**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
9:15-10:15	9:15-10:15	9:15-10:15	9:15-10:15	9:15-10:15			
CARDIO CROSS SUE	STRENGTH&TONE SUE	CARDIO DANCE ROBIN	STRENGTH&TONE ROBIN	PILATES ZABREE			
			10:30-11:30 STRETCH ROBIN	10:30-11:30 ZUMBA COLLEEN			
12:15-1:00	12:15-1:00	12:15-1:00	12:15-1:00	12:15-1:00	9:00-10:00	9:30-10:30	
ZUMBA GOLD BRIGITTA	TABATA KAREN	ABS & LEGS CHRISTINA	PILATES ROBIN	ABS & ARMS SUE	DRUNFLEX DANIELLE	YOGA ALMA	
5:30-6:30 YOGA STRETCH TANYA					 <b>BODY BOOMERS &amp; MOTOR CITY BOXING MERGE (WHITBY) ASK A MEMBERSHIP COORDINATOR FOR MEMBERSHIP DETAILS!!!! <a href="http://www.motorcityboxingclub.com">www.motorcityboxingclub.com</a></b>		
6:30-7:30 P90X TANYA	5:00-6:00 YOGA ALMA	5:00-6:00 YOGA ALMA	5:00-6:00 CARDIO FUSION WITH STEP SUE				
7:30-8:00 HARD CORE TANYA	6:00-7:00 CARDIO/WEIGHT ABS SUE	6:00-7:00 PILATES ROBIN					
		7:00-8:00 ZUMBA COLLEEN	7:00-8:00 ZUMBA FIT TONING COLLEEN				

**SPIN STUDIO**

	6:00-7:00 SPIN JOEL		6:00-7:00 SPIN JOEL			
8:45-9:15 SPIN SUE		9:00-10:00 SPIN & SCIII PT SUE		9:15-10:15 SPIN JOEL		9:00-10:00 SPIN BOOTCAMP ROBIN

**CLUB HOURS**

**PLAYCARE**

MONDAY	4:30AM-12:00AM	9AM-1PM&4PM-8PM
TUESDAY	4:30AM-12:00AM	9AM-1PM&4PM-8PM
WEDNESDAY	4:30AM-12:00AM	9AM-1PM&4PM-8PM
THURSDAY	4:30AM-12:00AM	9AM-1PM&4PM-8PM
FRIDAY	4:30AM-11:00PM	9:00AM-1:00PM
SATURDAY	8:00AM-8:00PM	9:00AM-1:00PM
SUNDAY	8:00AM-8:00PM	

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