

725 BLOOR ST. W., OSHAWA



905-433-3832

Starts JUNE 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			
CARDIO CROSS SUE	STRENGTH&TONE SUE	CARDIO DANCE ROBIN	STRENGTH&TONE ROBIN			
			10:30-11:30	10:30-11:30		
			STRETCH ROBIN	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	CORE DE FORCE LIVE TANYA	YOGA ALMA
					10:00-11:00	
					ZUMBA COLLEEN	
5:30-6:30						
YOGA STRETCH ALMA					<p>BODY BOOMERS & MOTOR CITY BOXING MERGE (WHITBY) ASK A MEMBERSHIP COORDINATOR FOR MEMBERSHIP DETAILS!!!! www.motorcityboxingclub.com</p>	
6:30-7:30	5:00-6:00	5:00-6:00	5:00-6:00			
P90X TANYA	YOGA TANYA	YOGA ALMA	CARDIO FUSION WITH STEP SUE			
7:30-8:00	6:00-7:00	6:00-7:00	6:10-6:55			
HARD CORE TANYA	CARDIO/WEIGHT ABS SUE	PILATES ROBIN	DRUNFLEX **NEW CLASS** DANIELLE			
		7:00-8:00	7:00-8:00			
		ZUMBA COLLEEN	ZUMBA FIT TONING COLLEEN			

SPIN STUDIO

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

				CLUB HOURS	PLAYCARE	
4:30-5:30				MONDAY	4:30AM-12:00AM	9AM-1PM&4PM-8PM
SPIN RHONDA				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	

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