

725 BLOOR ST. W., OSHAWA

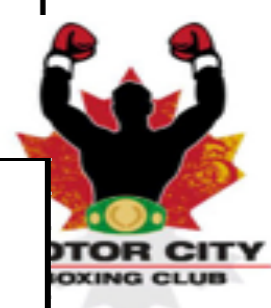



905-433-3832

Starts March 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	CORE DE FORCE LIVE TANYA	YOGA ALMA
					10:00-11:00 ZUMBA COLLEEN	
5:30-6:30 YOGA STRETCH ALMA						
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			




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SPIN STUDIO

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

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