



NORTH OSHAWA

69 Taunton Rd. W Oshawa, ON

905-720-2111

Please visit our website @

www.ultimatefitnessclub.ca

and fill out the Group Fitness survey

with your input on our schedule.

Group Fitness Schedule

AUGUST SCHEDULE

Group Fitness Manager: Michelle Kruger (North Oshawa Only)

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			7:00-8:00		7:00-8:00	
			Powercore (1,2,3) Rhonda		Kettlebell (1,2,3) Bethany/Shannon	
8:00-9:00	8:00-9:00	8:00-9:00	8:00-9:00	8:00-9:00		8:00-9:00
Spinning (1,2,3) Gene	Yoga (1,2,3) Michelle	Bootcamp (1,2,3) Michelle	Spinning (1,2,3) Gene	Yoga (1,2,3) Chantale		Spin Bootcamp (1,2,3) Rhonda
9:15-10:15	9:15-10:15	9:15-10:15	9:15-10:15	9:15-10:15	9:15-10:15	9:15-10:25
Combat (1,2,3) Chantale	Strength & Tone (1,2,3) Chantale	Dynamic 30/30 (1,2,3) Gillian	Strength & Tone (1,2,3)	Insanity/P90X (2,3)	Step Circuit (2,3) Rhonda/Deb Smith	Step Interval (2,3) Rhonda
10:15-11:30	10:15-10:45	10:30-11:30	10:15-10:45			10:30-11:30
Yoga (1,2,3) Chantale	Stretch (1,2,3) Chantale	Yoga (1,2,3) Donna	Stretch (1,2,3) SUB: Gillian			

EVENING CLASSES

5:00-6:00	5:00-6:00	5:00-6:00		5:00-6:00		
Body Blast (1,2,3) Michelle	Spinning (1,2,3) Rhonda	Body Blast (1,2,3) Rhonda		Yoga (1,2,3) SUB: Rhonda		
6:00-7:00	6:00-7:00	6:00-7:00	6:00-7:00		<p>JOIN US ONLINE "LIKE US" on FACEBOOK for the latest news and events!</p> <p>Let us help you track your Personal Fitness Goals! See our Consultant for your FREE Fitness Evaluation</p>	
Spinning Bootcamp (2,3) Lisa	Pure Strength (1,2,3) Dwayne	Spin (1,2,3) Dwayne/Jean	Strength & Tone (1,2,3) Michelle/Dwayne			
7:00-8:00	7:00-8:00	7:00-8:00	7:00-8:00			
Full Body (1,2,3) SUB: Dwayne	Hatha Yoga (1,2,3) Teresa	Kettlebell (1,2,3) Bethany/Shannon	Yoga Stretch (1,2,3) Teresa			

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