



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

JANUARY 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

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
(2,2)



9:15-10:15

Step Circuit
(2,3)
Rhonda/Deb Smith

9:15-10:25

Step Interval
(2,3)
Rhonda

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

20/20/20
(1,2,3)
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