



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

MARCH 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

5:45-6:45

5:45-6:45

5:45-6:45

5:45-6:45

Bootcamp
(1,2,3)
Rhonda

Step & Weights
(1,2,3)
Deb

HITT

Deb

Spin & Upperbody
(1,2,3)
Dwayne/Deb

7:00-8:00

7:00-8:00

7:00-8:00

Powecore
(1,2,3)
Nancy

Powecore
(1,2,3)
Nancy

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

8:00-9:00

Spinning
(1,2,3)
Gene

Yoga
(1,2,3)
Kathy

Bootcamp
(1,2,3)
Michelle

Spinning
(1,2,3)
Gene

Yoga
(1,2,3)
Chantale

Yoga
(1,2,3)
Julianna

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)
Rhonda

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

9:30-10:30

10:15-10:45

10:30-11:30

10:30-11:00

10:30-11:30

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

Bootcamp

Nancy

Yoga/Yin

Miles

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

Body Blast
(1,2,3)
SUB: Rhonda

6:00-7:00

6:00-7:00

6:00-7:00

6:00-7:00

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

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