



NORTH OSHAWA

69 Taunton Rd. W Oshawa, ON

905-720-2111

Please visit our website at

www.ultimatefitnessclub.ca

and fill out the group fitness survey

with your input on our schedule

Group Fitness Schedule

May 2019

Group Fitness Manager: Michelle Kruger (North Oshawa only)

mkruger@rogers.com

Club Hours

Playcare Hours

Mon - Fri

4:15am - 12:00am

9:00am-12:00pm

4:45pm - 8:30pm

Sat

6:30am - 8:00pm

9:00 am-1:00pm

Sun

6:30am - 8:00pm

9:00 am-1:00pm

Morning Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00-8:00			7:00-8:00		7:00-8:00	
Boot Camp (1,2,3) Rhonda			Power Core (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	8:00-9:00
Spin (1,2,3) Gene	Yoga (1,2,3) Michelle	Boot Camp (1,2,3) Michelle	Spin (1,2,3) Gene	Yoga (1,2,3) Chantale	Yoga (1,2,3) Juliana	Spin Boot Camp (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) Gillian	Strength & Tone (1,2,3) Chantale	Dynamic 30/30 (1,2,3) Gillian	Strength & Tone (1,2,3) Jewel	Insanity/P90X (2,3) Tanya	Step Circuit (2,3) Rhonda/Krista	Step Interval (2,3) Rhonda
10:30-11:30		10:30-11:30	10:15-10:45	10:30-11:30	10:30-11:30	10:30-11:30
Carnival (1,2,3) Amy		Carnival (1,2,3) Amy	Stretch (1,2,3) Jewel	Carnival (1,2,3) Amy	Carnival (1,2,3) Amy	Yoga (1,2,3) Teresa/Gerald

Evening Classes

3:45-4:45		3:45-4:45		3:45-4:45	JOIN US ONLINE Like us on Facebook for the latest news and events!
Ultimate Kids Martial Arts Class		Ultimate Kids Martial Arts Class		Ultimate Kids Martial Arts Class	
5:00-6:00	5:00-6:00	5:00-6:00	5:00-6:00	5:00-6:00	
Body Blast (1,2,3) Michelle	Spin (1,2,3) Rhonda	Body Blast (1,2,3) Rhonda/Deb	Carnival (1,2,3) Amy	20/20/20 (1,2,3) Rhonda	Want access to all 3 clubs? See a sales representative for details on a multi-club membership!
6:00-7:00	6:00-7:00	6:00-7:00	6:00-7:00		*Ultimate Kids Martial Arts Class \$29.99+tax bi-weekly payments* *Women's Kickboxing is an additional \$15.99+tax bi-weekly to your current membership*
Spin Boot Camp (2,3) Lisa	Pure Strength (1,2,3) Dwayne	Spin (1,2,3) Dwayne/Jean	Strength & Tone (1,2,3) Dwayne		
7:00-8:00	7:00-8:00	7:00-8:00	7:00-8:00		
Full Body (1,2,3) Jewel	Women's Kick Boxing Friedel	Kettlebell (1,2,3) Bethany/Shannon	Women's Kick Boxing Friedel		

Group Fitness Code of Conduct

Classes are subject to change due to member response and attendance.

Fitness Levels

(1) Beginner (2) Intermediate (3) Advanced