



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

January 2020

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
M o r n i n g C l a s s e s	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) Gerald	Yoga (1,2,3) Sylvie	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
	Strength & Tone (1,2,3) Nella	Strength & Tone (1,2,3) Chantale	Strength and Tone (1,2,3) Gerald	Circuit Training (1,2,3) Leah	Insanity/P90X (2,3) Tanya	Body Blast (2,3) Rhonda/Krista	Step Interval (2,3) Rhonda
	10:30-11:30		10:30-11:30	10:15-11:15	10:30-11:30	10:30-11:30	10:30-11:30
	Zumba (1,2,3) Isabella		Zumba (1,2,3) Isabella	55 Alive (1,2,3) Leah	Zumba Isabela	Zumba Zaza	Yoga (1,2,3) Teresa/Gerald

E v e n i n g C l a s s e s						JOIN US ONLINE	
							Like us on Facebook for the latest news and events!
	5:00-6:00	5:00-6:00	5:00-6:00		5:00-6:00		
	Body Blast Michelle	Spin (1,2,3) Rhonda	Body Blast Rhonda		20/20/20 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*
	Spin Boot Camp (2,3) Lisa	Pure Strength (1,2,3) Dwayne	Spin (1,2,3) Dwayne	Strength & Tone (1,2,3) Dwayne			*Women's Kickboxing is an additional \$15.99+tax bi-weekly to your current membership*
	7:00-8:00	7:00-8:00	7:00-8:00	7:00-8:00			
	Full Body (1,2,3) Jenn	Zumba Zaza	Kettlebell (1,2,3) Bethany/Shannon	Zumba Tiffany			
			8:00-9:00				Fitness Levels (1) Beginner (2) Intermediate (3) Advanced
			Yoga (1,2,3) Gerald				Group Fitness Code of Conduct: Classes are subject to change due to member response and attendance.