



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

Schedule Starts: ***November 7th***

Group Fitness Manager: Michelle Kruger (North Oshawa Only)

mkruger@rogers.com

Club Hours

Daycare Hours

Mon - Thurs

4:15am - 1:00am

8:15am-12:00pm

Friday

4:15am- 11:30pm

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

MORNING CLASSES

5:45-6:45

Bootcamp
(1,2,3)
Rhonda

5:45-6:45

Step & Weights
(1,2,3)
Deb

5:45-6:45

Spinning
(1,2,3)
Evan

5:45-6:45

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

5:45-6:45

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



7:00-8:00

Kettlebell
(1,2,3)
Evan

8:00-9:00

Spinning
(1,2,3)
Gene

8:00-9:00

Yoga
(1,2,3)
Kathy

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)
Michelle

8:00-9:00

Spin & Core
(1,2,3)
Lisa

8:00-9:00

Spin Bootcamp
(1,2,3)
Rhonda

9:15-10:15

Combat
(1,2,3)
Gillian

9:15-10:15

Strength & Tone
(1,2,3)
Debbie Smyth

9:15-10:15

Dynamic 30/30
(1,2,3)
Gillian

9:15-10:15

Strength & Tone
(1,2,3)
Randy

9:15-10:15

Insanity
(2,3)
Tanya

9:15-10:15

Step Circuit
(2,3)
Rhonda/Deb Smith

9:15-10:25

Step Interval
(2,3)
Rhonda

10:30-11:30

Yoga
(1,2,3)
Michelle

10:15-10:45

Stretch
(1,2,3)
Debbie Smyth

10:30-11:30

Yoga
(1,2,3)
Donna

10:15-10:45

Stretch
(1,2,3)
Randy

10:30-11:30

Pilates
(1,2,3)
Susan/Evan

10:30-11:30

Yoga
(1,2,3)
Donna/Miles



EVENING CLASSES

5:00-6:00

Pure Strength
(1,2,3)
Deb

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
(1,2,3)
Claudia

5:00-6:00

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

6:00-7:00

Spinning Bootcamp
(2,3)
LISA

6:00-7:00

Pure Strength
(1,2,3)
Michelle

6:00-7:00

Spin
(1,2,3)
Randy/Dwayne

6:00-7:00

Strength & Tone
(1,2,3)
Debbie Smyth

7:00-8:00

Full Body
(1,2,3)
Randy

7:00-8:00

Hatha Yoga
(1,2,3)
Teresa

7:00-8:00

Kettlebell
(1,2,3)
Evan

7:00-8:00

Yoga Stretch
(1,2,3)
Debbie Smyth



JOIN US ONLINE
"LIKE US" on FACEBOOK
for the latest news and events!

Let us help you track your
Personal Fitness Goals! See
Liz for your FREE Fitness
Evaluation

Group Fitness Code of Conduct

Classes are subject to change due to member response and attendance.
Minimum of 4 participants per class required.

Fitness Levels

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

Private Class
Team Training

Want access to all 3 clubs? See a staff member
for details on a Gold Membership

