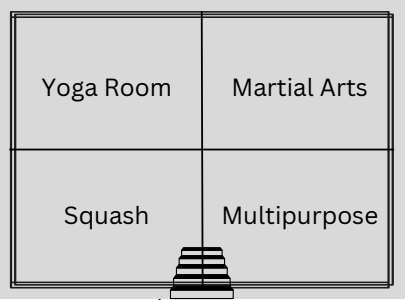


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Yoga, Martial Arts and Multipurpose CLOSED unless in use by class or program					
7:30am Traditional Yoga (Flora 60 min) Yoga Room	9:45am Yoga (Leah 60min) Yoga Room	7:30am Traditional Yoga (Flora 60 min) Yoga Room	10:00am All in One (Deb/Vickie 45min) Multipurpose Room	7:30am Traditional Yoga (Flora 60 min) Yoga Room	
11:45am Yin Yoga (Hedy 60 min) Yoga Room		10:45am Hatha Yoga (Hedy 60min) Yoga Room	10:45am Hatha/Restorative Yoga (Hedy 90min) Yoga Room	9:45am Yoga (Hedy 60min) Yoga Room	10:00am Hatha/Restorative Yoga (Hedy 90min) Yoga Room
5:00pm Yoga CLOSED for Ladies Bootcamp (60min)			6:00pm Karate (Sensei Kristie/Shihan Jason 60min) Bi-weekly Multipurpose Room	10:55 Stay and Stretch (Hedy 60 min) Yoga Room	
	6:00pm Karate (Sensei Kristie/Shihan Jason 60min) Bi-weekly Yoga Room		6:30pm Hatha Yoga (Flora 75 min) Yoga Room		
	7:15pm Jiujitsu (Coach Kristie/Professor Jason 60min) Martial Arts Room		7:15pm Jiujitsu (Coach Kristie/Professor Jason 60min) Martial Arts Room		



Notes: For more information on our specialty programs such as Splash and Dash, Gym and Swim and Ladies Bootcamp please refer to the Kids and Aquatics / Personal Training Brochures. Don't miss out! Make sure you also grab the Pool & Cycle and Studio Brochures for more great fitness classes!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Squash						
OPEN 8:00am-4:00pm	OPEN 6:00am-11:45am	OPEN 6:00am-9:45am	OPEN 6:00am-10:35am	OPEN 6:00am-10:35am	OPEN 6:00am-9:45am	OPEN 8:00am-10:00am
	11:45am Squash Court Closed During Yoga (60 min)	9:45am Squash Court Closed During Yoga (60min)	10:35am Squash Court Closed During Yoga (60min)	10:35am Squash Court Closed During Yoga (90min)	9:45am -12:00pm Squash Court Closed During Yoga (60min)	10:00am Squash Court Closed During Yoga (Hedy 90min)
	OPEN 12:45pm-9:00pm	OPEN 10:45am-6:15pm	OPEN 11:35am-6:15pm	OPEN 12:05pm-6:00pm	OPEN 12:00pm-9:00pm	OPEN 11:30am-4:00pm
				6:30pm Squash Court Closed During Yoga (60min)		
		6:30pm- 8:45pm Squash Social	6:30pm- 8:45pm Squash Social	OPEN 7:45pm-9:00pm		

All in One - You'll get some of everything in this class: cardio, strength and stretch moves set to great music. All In One is a low impact class that will use a chair as well as the wall to assist with balance using lots of toys such as balls, tubes, blocks and weights. You'll get a bit of cardio to work your heart, some moves to strengthen your muscles and a lovely stretch to improve your flexibility. Limit of 14.

Hatha/ Restorative Yoga – An hour moving through a variety of poses that will challenge and improve your balance, flexibility, and strength. Followed by a half hour of Restorative focusing on a variety of breathing techniques and poses to create positive energy. Limit of 20.

JiuJitsu (BJJ) - is based on the technique that immobilizes or submits the opponent. It teaches joint locks, choke holds and pins and is often considered the best art to beat an opponent having more physical prowess. Limit of 15.

Karate - Okinawa Goju Ryu Karate is one of the oldest, most traditional styles of Karate. It is a beautiful style and an efficient method of self-defence, also it's a great way to get into shape. Suitable for everyone! Bi-weekly Tuesdays and Thursdays, refer to Wellness Living for accurate schedule. Limit of 15.

Traditional Yoga - A traditional Hatha yoga sequence that will help to develop strength, flexibility, balance and breathing. This yoga class is rooted in a series of Sun Salutations that activate and warm the body. It includes guided breathing with a rotating series of well known standing, balancing, seated and supine poses. Through breath, movement and stillness, this class promotes wellness both on and off the mat. Limit of 20

Stay and Stretch - This class combines active stretching to release muscle tension and Yin Yoga postures held for several minutes to deeply target and release tightness in the hips and hamstrings. Perfect for those looking to enhance flexibility and feel long-lasting relief. Limit of 20.

Yin Yoga - Is a slow-paced style of yoga with postures held for longer periods of time that apply moderate stress to the connective tissues, the tendons, fascia, and ligaments—with the aim of increasing circulation in the joints and improving flexibility. Limit of 20.

Yoga – Moving through a variety of poses that will challenge and improve your balance, flexibility, driving energy into all areas of the body, removing any built-up tension. Yoga will also incorporate breathing techniques and poses to increase flexibility all while allowing you to feel relaxed yet energized. Limit of 20.

Yoga, Martial Arts, Multipurpose, Squash Room Schedules

Spring 2025
(Revised May)



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Legend (for Online Viewing)
Blue = Kids/ Aquatics Program
Green = Personal Training Program
Purple = Group Fitness Class