

# WINTER GROUP FITNESS SCHEDULE, JANUARY 4 - APRIL 4, 2021

**APPOINTMENTS ARE REQUIRED TO ATTEND GROUP FITNESS CLASSES**

You can book an appointment up to 72 hours in advance, online at [WWW.DALPLEX.CA](http://WWW.DALPLEX.CA) or by calling (902) 494-3372

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-7:45am		Functional Flexin'					
9:30-10:30am		Yin/Yang Yoga		Active Ageing	H.I.I.T.		
12:00-1:00pm	H.I.I.T.		All Levels Yoga		Body Strong		
4:00-5:00pm					Total Body Workout	Body Strong	DSU Yoga
5:30-6:30pm	Body Strong		DSU Yoga	H.I.I.T.	DSU Yoga		
7:00-8:00pm		Zumba®		All Levels Yoga			
7:30-8:30pm	DSU Yoga		Strong Nation				

**On Munro Day, February 5, the noon Body Strong class will not be offered**  
**On Good Friday, April 2, Dalplex is closed**

**AS A COURTESY  
 TO OTHERS PLEASE DO  
 NOT WEAR SCENTED  
 PRODUCTS TO FITNESS  
 CLASSES**

Full-time DAL students and Dalplex/Sexton Gym members can attend the above group fitness classes.

CALL 902-494-2119 FOR INFORMATION ON UNFORSEEN CHANGES OR CANCELLATIONS.