

WINTER GROUP FITNESS SCHEDULE, JAN. 2 - APR. 30, 2023

APPOINTMENTS ARE REQUIRED TO ATTEND GROUP FITNESS CLASSES

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

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------|---------------------|-----------------|------------------------|-----------------|-----------------|-------------|-----------------|
| 6:45-7:30am | Spin | | Strength and Stability | Body Strong | DalSpin | | |
| 7-7:45am | | All Levels Yoga | All Levels Yoga | | | | |
| 7:30-8:15am | Strength and Cardio | | | | | | |
| 9:30-10:30am | | | Body Strong | | All Levels Yoga | Body Strong | Tai Chi |
| 10:45-11:45am | | | | | | | All Levels Yoga |
| 11am-12pm | Aqua Zumba | | | | Strong Nation | DalSpin | |
| 11am-12pm | | | | | | Zumba | |
| 10:30-11:30am | | All Levels Yoga | | | | | |
| 12-12:45pm | H.I.I.T | Zumba Toning | | H.I.I.T Pilates | | | |
| 12-1pm | | | All Levels Yoga | | | | |
| 12:15-1pm | | | | | DalSpin | | |
| 1:30-2:30pm | Active Aging | | Active Aging | | | | |
| 4:30-5:30pm | | | | | Body Strong | | |
| 5:15-6pm | | DalSpin | | DalSpin | | | |
| 5:30-6:30pm | Body Strong | | Zumba Toning | H.I.I.T | | | |
| 6:30-7:30pm | All levels Yoga | DalSpin | All Levels Yoga | DalSpin | | | |
| 7-8pm | | Zumba | | | | | |
| 7:30-8:30pm | | | Strong Nation | | | | |

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

Heritage Day, Monday, February 20: one group fitness class at 11am.

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