

FALL GROUP FITNESS SCHEDULE, SEPTEMBER 9-DECEMBER 14, 2019

OA = Older Adult

S4 = Studio 4

WWW.DALPLEX.CA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15-8:00am	DALspin*		Body Strong (S4)		Body Strong (S4)		
9:00-9:45am						DALspin*	
9:30-10:30am		DALspin* (9:30-10:15am)		DALspin* (9:30-10:15am)			Stability Ball (S4)
10:15-11:15am						Body Strong	
11-11:45am							DALspin*
12:00-1:00pm	Box/Strength	Body Strong	Cardio/Strength	Member Yoga Stability Ball (S4)	Step Revival		
12:10-12:55pm	AquaFit (deep)		AquaFit (shallow)		AquaFit (deep)		
12:15-1:00pm	DALspin*						
1:30-2:30pm	OA Strength		OA Strength		'Soft' Member Yoga		
4:00-5:00pm	DALspin* (4-4:45pm)	Member Yoga	DALspin* (4-4:45pm)	DALspin* (4-4:45pm)		DALspin* (4-4:45pm)	DALspin* (4-4:45pm) DSU Yoga (S4)**
4:15-5:15pm			Body Strong				
4:30-5:30pm					Zumba Strong		
5:00-6:00pm				Body Strong			
5:15-6:00pm		DALspin*	DALspin*		DALspin*		
5:30-6:30pm	Body Strong		Mid-week Boost Camp DSU Yoga (S4)**		DSU Yoga (S4)**		
6:15-7:00pm	DALspin*	DALspin*		DALspin*			
7:30-8:30pm	Zumba®	Step Revival	Zumba® DALspin* (7:30-8:15pm)	Barre Blast			

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

ONE CLASS ONLY ON Monday, October 14 and Monday, November 11 (12:15-1:45pm)

*PLEASE NOTE: The spin studio is now located in Dalplex. There is a limit of 18 participants per DALspin class, first-come, first served. You can call 902-494-6818 or visit the Client Experience Desk at Dalplex for same-day spin bike reservations. Details available online.

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

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

** DSU Yoga is FREE for DAL students ONLY. Cancelled October 13, November 8-17, and classes end December 5.