

UPDATED July 11, 2018

GROUP FITNESS SCHEDULE, JULY 1 - SEPTEMBER 10, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15-8:15am	Member Yoga			Body Strong			
9:00-10:00am						Spin* (9-9:45am)	Body Strong
10:15-11:15am						Body Strong	
10:30-11:15am							Spin*
12:00-1:00pm		Body Strong	Cardio Strength	Member Yoga	Box/Strength		
12:10-12:55pm		AquaFit (deep)		AquaFit (shallow)			
12:15-1:00pm	Spin*						
4:00-5:00pm		Member Yoga					
5:00-6:00pm				Body Strong			
5:30-6:30pm	Body Strong		Interval Training				
6:15-7:00pm	Spin*	Spin*		Spin*			
7:30-8:30pm	POUND		Zumba ®				

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

ONE CLASS ONLY ON THESE DAYS: July 1 (9-10:30am), July 2 (5:30-6:30pm), August 6 (9-10:30am), September 3 (9:30-11am). AQUAFIT cancelled on July 5
FALL schedule begins September 10

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

*PLEASE NOTE: There is a limit of 18 participants per spin class, first-come, first served. As of July 5, you can call 902-494-6818 or visit the Client Experience Desk at Dalplex for same-day spinbike reservations. Details available online.

Full-time DAL students and Dalplex members can attend the above group fitness classes. REMEMBER TO BRING YOUR ID CARD.

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