### FALL GROUP FITNESS SCHEDULE, SEPTEMBER 10 - DECEMBER 15, 2018

*OA = Older Adult*

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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</thead>
<tbody>
<tr>
<td>7:15-8:00am</td>
<td>Spin*</td>
<td>Body Strong</td>
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<td>9:00-10:00am</td>
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<td></td>
<td></td>
<td>Spin* (9-9:45am)</td>
<td>Stability Ball</td>
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<td>9:30-10:30am</td>
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<td></td>
<td>Spin* (9:30-10:15am)</td>
<td>Body Strong</td>
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<td>10:15-11:15am</td>
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<tr>
<td>12:00-1:00pm</td>
<td>Box/Strength</td>
<td>Body Strong</td>
<td>Cardio/Strength</td>
<td>Member Yoga</td>
<td>Step</td>
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<td>12:00-1:00pm</td>
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<tr>
<td>12:10-12:55pm</td>
<td>AquaFit (deep)</td>
<td>AquaFit (shallow)</td>
<td>AquaFit (deep)</td>
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<tr>
<td>1:15-2:00pm</td>
<td>Spin*</td>
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<tr>
<td>1:30-2:30pm</td>
<td>OA Strength</td>
<td>OA Strength</td>
<td>OA Yoga</td>
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<tr>
<td>4:00-5:00pm</td>
<td>Member Yoga</td>
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<td>Spin* (4-4:45pm)</td>
<td>Spin* (4-4:45pm)</td>
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<tr>
<td>4:30-5:30pm</td>
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<td>Dance Fit</td>
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<td>Zumba Strong</td>
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<tr>
<td>5:00-6:00pm</td>
<td>Spin* (5:15-6pm)</td>
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<tr>
<td>5:30-6:30pm</td>
<td>Body Strong</td>
<td>Interval Training</td>
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<tr>
<td>6:15-7:00pm</td>
<td>Spin*</td>
<td>Spin*</td>
<td>Spin*</td>
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<tr>
<td>6:30-7:15pm</td>
<td>POUND</td>
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<td>Zumba Strong</td>
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<tr>
<td>7:30-8:30pm</td>
<td>Zumba ®</td>
<td>Body Strong</td>
<td>Zumba ®</td>
<td>Barre Blast</td>
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**CHANGES & CANCELLATIONS**

- **Monday, October 8**: One class only, 12:15-1:45pm
- **Sunday, November 11**: One class only, 12:15-1:45pm
- **Monday, November 12**: Two classes only, 5:30pm Body Strong & 6:15pm Spin

*PLEASE NOTE: The spin studio is now located in Dalplex. There is a limit of 17 participants per spin 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.*

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

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

**WWW.DALPLEX.CA**