## SUMMER GROUP FITNESS SCHEDULE, JULY 1 - SEPTEMBER 9, 2019

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30-10:30am</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>DALspin* (9:30-10:15am)</td>
<td>Body Strong</td>
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<tr>
<td>10:45-11:45am</td>
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<td></td>
<td></td>
<td>Body Strong</td>
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<tr>
<td>11-11:45am</td>
<td>Body Strong</td>
<td>Cardio Strength</td>
<td>Member Yoga</td>
<td>Box/Strength</td>
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<tr>
<td>12:00-1:00pm</td>
<td>Body Strong</td>
<td>Cardio Strength</td>
<td>Member Yoga</td>
<td>Box/Strength</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>12:15-1:00pm</td>
<td>DALspin*</td>
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<tr>
<td>4:00-5:00pm</td>
<td>Member Yoga</td>
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<tr>
<td>5:00-6:00pm</td>
<td></td>
<td></td>
<td>Body Strong</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>5:15-6:00pm</td>
<td>DALspin*</td>
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<tr>
<td>5:30-6:30pm</td>
<td>Body Strong</td>
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<tr>
<td>6:15-7:00pm</td>
<td>DALspin*</td>
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<td>7:00-7:45pm</td>
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<tr>
<td>7:30-8:30pm</td>
<td>Zumba®</td>
<td>Body Strong</td>
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</table>

### CHANGES & CANCELLATIONS

**ONE CLASS ONLY ON THE FOLLOWING DAYS:**
- Monday, July 1 (9-10:30am)
- Friday, July 5 - Aquafit is cancelled
- Monday, August 5 (9-10:30am)
- Monday, September 2 (9:30-11am)

**THE FALL FITNESS SCHEDULE BEGINS SEPTEMBER 9**

*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.

**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**