**EXAM & HOLIDAY GROUP FITNESS SCHEDULE, DEC. 4 - JAN. 2**

**OA = Older Adult | DS = Studley Dance Studio**

### CLASSES AT DALPLEX

#### MONDAY, DEC. 4
- 7:15-8am: Member Yoga
- 12-1pm: Box/Strength
- 12:10-12:55pm: Aquafit Deep
- 1:30-2:30pm: OA Strength
- 5:30-6:30pm: Body Strong
- 6:15-7pm: Spin
- 7:30-8:30pm: Zumba

#### SATURDAY, DEC. 9
- 9-9:45am: Spin
- 10-11am: Body Strong

#### MONDAY, DEC. 11
- 8:15-9am: Member Yoga
- 12-1pm: Box/Strength
- 12:10-12:55pm: Aquafit Deep
- 1:30-2:30pm: OA Strength
- 5:30-6:30pm: Body Strong
- 6:15-7pm: Spin
- 7:30-8:30pm: Zumba

### CLASSES MOVE TO DS

#### TUESDAY, DEC. 5
- 1-2pm: Body Strong
- 1:15-2pm: Spin
- 4-5pm: Member Yoga
- 5:30-6:30pm: Interval Workout
- 6:15-7pm: Spin
- 7:30-8:30pm: Body Strong

#### WEDNESDAY, DEC. 6
- 12:15-1pm: Spin
- 12:10-12:55pm: Aquafit Shallow
- 1:30-2:30pm: OA Strength
- 4:30-5:30pm: Interval Workout
- 7:30-8:30pm: Body Strong

#### THURSDAY, DEC. 7
- 12-1pm: Member Yoga
- 12:10-12:55pm: Aquafit Deep
- 4:30-5:30pm: Body Strong
- 6:15-7pm: Interval Workout
- 7:30-8:30pm: Strong by Zumba

#### FRIDAY, DEC. 8
- 9-10am: Body Strong
- 12-1pm: Spin
- 1:30-2:30pm: OA Yoga

#### SATURDAY, DEC. 9
- 9-9:45am: Spin
- 10-11am: Body Strong

### CLASSES RETURN TO DALPLEX

#### MONDAY, DEC. 18
- 12:1pm: Box/Strength
- 12:10-12:55pm: Aquafit Deep
- 5:30-6:30pm: Body Strong
- 6:15-7pm: Spin

#### TUESDAY, DEC. 19
- 12-1pm: Body Strong
- 1:15-2pm: Spin
- 6:15-7pm: Spin

#### WEDNESDAY, DEC. 20
- 12:1pm: Step/Strength
- 12:10-12:55pm: Aquafit Shallow
- 4:30-5:30pm: Interval Workout

#### THURSDAY, DEC. 21
- 12-1pm: Member Yoga (DS)
- 12:10-12:55pm: Aquafit Deep
- 6:15-7pm: Spin

#### FRIDAY, DEC. 22
- 9-10am: Body Strong

#### SATURDAY, DEC. 23
- 9-9:45am: Spin
- 10-11am: Body Strong

#### SUNDAY, DEC. 24
- 9:30-10:30am: Christmas Eve Workout

### CLASSES MOVE TO DS

#### TUESDAY, DEC. 26
- 12:15-1:45pm: Turkey Trimmer

#### FRIDAY, DEC. 29
- 12-1pm: Holiday Workout

#### SATURDAY, DEC. 30
- 9-9:45am: Spin
- 10-11am: Body Strong

#### SUNDAY, DEC. 31
- 12:15-1:15pm: New Year’s Eve Workout

### CLASSES RETURN TO DALPLEX

#### MONDAY, JAN. 1
- 12:15-1:15pm: Holiday Workout

#### TUESDAY, JAN. 2
- WINTER SCHEDULE BEGINS

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*PLEASE NOTE: There is a limit of 17 participants per spin class, first-come, first served. You can sign up at the Studley Gym Equipment Centre starting 30 minutes before class begins.*

**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. Please remember to bring your ID card to classes taking place in the Studley Dance Studio and Spin Studio.

**WWW.DALPLEX.CA**

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**AS A COURTESY TO OTHERS**

**PLEASE DO NOT WEAR SCENTED PRODUCTS TO FITNESS CLASSES**