




FITNESS
INSTITUTE®

GROUP EXERCISE SCHEDULE

2235 SHEPPARD AVE EAST
NORTH YORK
(416) 491-5830

Effective: October 1st, 2011.

OUR GROUP EX SCHEDULE IS AVAILABLE ONLINE AT WWW.FITNESSINSTITUTE.COM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	6:30 AM - 60min SPINNING Sham Cycle Studio	6:30 AM - 60 min PILATES FUSION Alexandra Group Ex Studio	6:30 AM - 60min SPINNING Jeff Cycle Studio	6:30 AM - 60 min YOGA Alexandra Group Ex Studio	6:30 AM - 60min SPINNING Yvonne Cycle Studio	 Changing members lives for the better	
	7:30 AM - 30min CORE FUSION Odain Group Ex Studio		7:30 AM - 30min CORE FUSION Odain Group Ex Studio		7:30 AM - 30min CORE FUSION Odain Group Ex Studio		
	9:00 AM - 60min HATHA YOGA Mar Jean Group Ex Studio	9:15 AM - 60min PILATES 1-2 Tarannum Group Ex Studio	9:15 AM - 60min MUSCLE CONDITIONING Marilyn	9:15 AM - 60min CARDIO PUMP Rosina Group Ex Studio	9:15 AM - 60min NIA Cinzia Group Ex Studio	8:00 AM - 45min SPINNING Rosemary Cycle Studio	9:00 AM - 60min MUSCLE CONDITIONING Michelle
	9:30 AM - 45min AQUA CARDIO Simin Pool		9:30 AM - 45min AQUA FITNESS Theresa Pool		9:30 AM - 45min AQUA CARDIO Marianne Pool	9:00 AM - 60 min PILATES CORE FUSION Alexandra	10:00 AM 60min STEP Anne Marie/ Katherine Group Ex Studio
	10:15 AM - 60min GENTLE FIT Marilyn Group Ex Studio	10:15 AM - 60min TOTAL BODY Tarannum Group Ex Studio	10:15 PM - 60min ZUMBA Janice Group Ex Studio	10:15 AM - 60min HATHA YOGA Wendy Group Ex Studio	10:30 - 45min FLEXIBLE BODY Marianne Group Ex Studio	10:00 AM - 45min AQUA FITNESS Lisa Pool	11:15 AM 60 min HOT YOGA Edgar Group Ex Studio
		10:30 AM - 60min SPINNING & CORE Marilyn Cycle Studio		10:30 AM - 60min SPINNING & CORE Marilyn Cycle Studio	10:15 AM - 90min FLOW YOGA Lili Group Ex Studio	11:30 AM - 45min AQUA FITNESS Pradeep Pool	
LUNCH	11:30 AM - 45min AQUA SCULPT Simin Pool	11:30 AM - 45min AQUA FITNESS Jacelyn Pool	11:30 AM - 45min AQUA CARDIO Pradeep Pool	11:30 AM - 45min AQUA SCULPT Simin Pool	11:30 AM - 45min WATER RUNNING Marianne Pool	FAMILY SWIM SUNDAY 3 - 5 PM 1 POOL LANE OPEN	
	12:00 PM - 45min SPINNING Marilyn Cycle Studio	12:00 PM - 60min PILATES 1-2 Victoria G Group Ex Studio	12:00 PM - 45min C.O.R.E. CYCLE Stephanie	12:00 PM - 60min EXTREME CORE Stephanie Group Ex Studio	12:00 PM - 45min SPINNING Marilyn Cycle Studio		
	12:00 PM - 60min FLOW YOGA Stephanie Group Ex Studio				12:15 PM - 45min ZUMBA Aury Group Ex Studio		
EVENING	5:15 PM - 60min HATHA YOGA Wendy Group Ex Studio	5:30 PM - 60min MUSCLE CONDITIONING Rosemary	5:30 PM - 60min HATHA 1 & 2 Edgar Group Ex Studio	5:30 PM - 45min ZUMBA Victoria G Group Ex Studio	5:30 PM - 60min FLOW YOGA Stephanie Group Ex Studio		
	5:30 PM - 45min C.O.R.E. CYCLE Stephanie	6:30 PM - 60min ZUMBA Victoria G Group Ex Studio	5:30 PM - 45 min C.O.R.E. CYCLE Stephanie				
	6:30 PM - 45min EXTREME CORE Stephanie Group Ex Studio		6:30 PM - 60min STEP Katherine Group Ex Studio	6:30 PM - 60min HOT YOGA Alexandra Group Ex Studio			
	6:30 PM - 90min MASTERS SWIM Kyle Pool	6:45 PM - 45min AQUA FITNESS Pradeep Pool	6:30 PM - 90min MASTERS SWIM Kyle Pool				
	7:30 PM - 60min HOT FLOW YOGA Stephanie Group Ex Studio	7:30 PM - 60min TAI CHI Shirley Group Ex Studio	7:30 PM - 90min KARATE Shane Group Ex Studio				

WHAT'S NEW?

HOT YOGA

MONDAY @ 7:30PM WITH STEPHANIE
THURSDAY @ 6:30PM WITH ALEXANDRA
SUNDAY @ 11:15AM WITH EDGAR

For information concerning classes please contact me at:
sgoodman@fitnessinstitute.com

Stephanie Goodman your Group Exercise Director