



Summer Group Fitness Schedule Starts June 19, 2017

Fitness 360° & Spa
283 Northfield Dr. E Waterloo
519.885.0072 www.fitness360.ca

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am-6:45am		6:00am-6:45am		6:00am-6:45am		
Tone Mary Rose		Rock Bottom & Core Mary-Rose		Cardio Interval Kerri		
	8:50am-9:35am		8:45am-9:30am		8:30am-9:30am	
	Sports Conditioning Krystina		ATW Emily		Tone Emily	
9:15am-10:00am	9:45am-10:45am	9:15am-10:00am	9:35am-10:05am	9:15am-10:00am	10:00am-11:00am	9:30am-10:30am
Cardio Interval Kerri	Yoga Jaqui	Spin Bootcamp Kerri	Coralates Emily	Rock Bottom & Core Kerri	Yoga Jacqui	Zumba Basics Lydia
12:15pm-1:00pm	12:15pm-1:00pm	12:15pm-1:00pm	12:15pm-1:00pm		CLUB HOURS	
Power Kerri	Spin Kerri	Tone Kerri	Spin Bootcamp Kerri		Monday-Friday: 5:00am-10:00pm Saturday/Sunday: 6:00am-8:00pm 519-885-0072	
5:30pm-6:30pm	5:30pm-6:30pm	5:30pm-6:30pm	5:30pm-6:30pm		CHILD CARE	
Step Pam	Yoga Krista	Power Caroline	Zumba Kaylee		Monday-Friday: 8:45am-12:00pm* Sat: 8:45-10:00am** \$5/visit or \$20/month unlimited Must call to book by *8pm the day before **by Fri. 1pm	
6:30pm-7:30pm	6:30pm-7:30pm	6:30pm-7:30pm	6:30pm-7:30pm		SPA HOURS	
Tone Pam	20/20/20 Val	Yoga Trinh	Pilates Strength Val		Book your Spa Services today! \$25 Spa Memberships available. See our full spa menu at www.fitness360.ca Email or call to book now! 519-885-0072 spa@fitness360.ca Did you know we have Registered Massage Therapy? Have Coverage? Use it here!	
7:30pm-8:30pm	7:30pm-8:30pm	7:30pm-8:30pm	7:30pm-8:30pm			
Zumba Jill	Zumba & Tone Nikki					

ALL CLASSES

All of our classes are geared to all fitness levels. Please talk to the instructor before class to address any concerns you may have.

STRENGTHEN

Using your body weight and hand weights, you will feel an all over muscle burn!

HI/LOW/TABATA

Wanting more cardio in your routine? This is the class for you! This all cardio based class will keep you sweating and burning calories like crazy! Get off the boring machines and try this class for a change!

ATW

Floor, ball and standing exercises to target just your upper half.

STONE

Tone and tighten with cardio intervals & full body weight training.

YOGA FUSION

Yoga Fusion combines yoga postures and pilates moves with a focus on balance, flexibility, strength and core. It is a 60 minute mind/body workout that will challenge and relax you.

ZUMBA

This Latin inspired class gives a great full body workout. Dance your way to an improved physique.

YOGA

Calm and centre your body, mind and spirit. Define, tone and lengthen your muscles while gaining balance and mental clarity and improved flexibility.

ROCK BOTTOM & CORE

Floor, ball and standing exercises to target just your lower half! Get a great workout for your legs butt and Core

SPORTS CONDITIONING

Enjoy cardio with boxing and athletic training combined with intervals of weight training. Get fit and have fun at the same time.

POWER

Strengthen your whole body with this entirely weight training based class. Top to bottom this full body weight workout will chisel your body shape into the shape you want!

SPIN BOOTCAMP

If you don't really like the spin bike but want the benefits, this class is for you! Class changes weekly but there is always a spin component with a mixture of cardio and strength exercises. If you haven't tried it yet, come out and have some fun!

STEP

Step your way to improved cardiovascular endurance while toning your legs, glutes and hamstrings!

SPIN

The most effective calorie burner! Tone your legs, lift your butt and strengthen your core! Spin class is a fun cardiovascular and strengthening workout with zero impact to your joints. Your instructor will help you build your cardiovascular fitness, muscle strength and endurance. Classes are for all levels from beginner to advanced.

PILATES STRENGTHEN

Use your body to strengthen your muscles. A great addition to your workout routine.

CARDIO INTERVAL

Tired of the same old class? This cardio, weight training class will surprise you each week. What will it be? Spin, treadmill, elliptical - upper or lower body - or both? You will have to come to find out!

20/20/20

Tired of the same old thing? Come mix it up with this combination workout. This class is great and will fly by as you do 20 mins of upper body strength work, 20 mins of lower body work and 20 mins of cardio/abs. You will feel amazing when you are done!

CORALATES

Strengthen your core, lengthen and tone your muscles with this new class designed to give you a pilates experience and wittle your middle!

