



Fall Group Fitness Schedule Starts September 11, 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		
	8:45am-9:30am		8:45am-9:30am		8:45am-9:45am	
	Pound (Trial Class 2 weeks) Linda		ATW Taylor		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 Taylor	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	12:15pm-1:00pm	CLUB HOURS	
Power Kerri	Spin Kerri	Tone Kerri	Spin Bootcamp Kerri	Zumba Strong Caroline	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 Linda		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	6:15-7:15pm	SPA HOURS	
Tone Pam	20/20/20 Val	Zumba & Tone Nikki	Pilates Strength Val	Special Class Yoga Flow (Oct20-Dec8) Trinh	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-8:00pm	7:30pm-8:30pm	7:30pm-8:30pm			
Zumba Jill	Coralates Emily		Yoga Fusion Trinh			

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!

ZUMBA STRONG

This is a high intensity interval training workout driven by the science of Synced Music Motivation. This class will push you past your limits to help you reach your fitness goals faster. Using your own body weight, you will gain muscular endurance, tone and definition, and you will experience an increased heartburn.

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/YOGA FLOW

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

POUND

Enjoy cardio/strength training with weighted sticks! Try this new workout to change up your routine! Great music and lots of sweat!

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!