



Fall Group Fitness Schedule

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		
Full Body Chisel Krystina		Rock Bottom Krystina		Cardio Interval Kerri	<i>*All Classes can</i>	<i>be high or low impact**</i>
	9:00am-9:45am		9:00am-9:45am		8:30am-9:30am	
	HITT Mash up Caroline		Upper & Abs Caroline		Full Body Chisel Emily	
9:15am-10:00am		9:15am-10:00am		9:15am-10:00am	10:00am-11:00am	
Cardio Interval Kerri		Spin Bootcamp Kerri		Rock Bottom & Core Kerri	Ashtanga Yoga Trinh	
	10:30am-11:30am					
	All Levels Flow Yoga Christel				**Classes Monitored This Week. May be	Will be For numbers Adjustments needed
12:15pm-1:00pm	12:15pm-1:00pm		12:15pm-1:00pm		CLUB HOURS	
Power Kerri	Spin Kerri		Spin Bootcamp Kerri		Monday-Friday: 5:00am-9:00pm Saturday/Sunday 8:00am – 5:00pm 519-885-0072	
5:30pm-6:30pm		5:30pm-6:30pm	4:00-5:00pm		CHILD CARE	
Zumba Lisa		Cardio Interval Olivia	Tween Fitness Kailee		Not open at this time	
6:30pm-7:30pm	6:30pm-7:30pm	6:30pm-7:30pm	6:15pm-7:00pm		SPA HOURS	
Ashtanga Yoga Trinh	Outdoor 20/20/20 Tanya	Zumba Lisa	Pilates Strength Emily		Book your Spa Services today! \$30 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!	
			7:00pm-7:45pm			
If numbers are too low consistently	The class will be removed for now.		Outdoor Fitness class Emily			

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.

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!

UPPER AND ABS

Upper body exercises to sculpt a strong sexy upper body with Ab exercises woven in for a great workout!

FULL BODY CHISEL

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

HIIT Mash up

This class is all about the intervals! This class combines weights and cardio intervals that will help burn body fat and increase your endurance!

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

LOW IMPACT

If you feel like some classes are a little fast and hard to follow, join us for low impact where we slow the pace and workout form while we train our body using free weights.

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!

ZUMBA

Join us as we take you through some traditional step moves while incorporating Zumba with the workout. You will leave feeling energized and stronger and have a blast !

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!