

INVISTA Winter Schedule January 8 to April 2, 2012

Start Time	Monday January 9 to April 2, 2012 (No classes February 20, 2012)	Tuesday January 10 to March 27, 2012	Wednesday January 11 to March 28, 2012	Thursday January 12 to March 29, 2012	Friday January 13 to March 30, 2012	Saturday January 14 to March 31, 2012	Sunday January 8 to March 25, 2012
6:30 am	6:30-7:30 Cycle-Fit and core – Tammy Code 42855 member and registered			6:30-7:30 Cycle-Fit and core– Tammy Code No. 42852 member and registered			
9:00 am						9-9:45 am beginner Youth Bootcamp ages 10-14 Code 42848 - Laura	9:30-10:30 Yoga Fit 1 – Terra Registered and Drop-in Code 43534 (Fitness Studio)
10:00 am	10:00-11:00am Fun & Fitness – 50+ - Sharon Code 43512 (Fitness Studio) (No classes Feb 20, 2012)	9:30-10:30 Glenburnie Fitness – Sharon Code 43407	10:00-11:00 am Fun & Fitness – 50+ Sharon Code 43512 (Fitness Studio)	9:30-10:30 Glenburnie Fitness – Sharon – Code 43514		10-10:45 am – Cycle Fit – Keith - Member and Code 42850	
11:00 am		11:00-11:45 am Zumba – Melissa Member and drop in (Fitness Studio)	11:00-11:45am Mom and Baby Fit Yoga – Tammy Registered and drop-in Code 42881 (Fitness Studio)	10-10:45 Beginner Yoga with Tammy Member and Drop-in		11:00-11:45 am Total Body Sculpt and Core – Keith Members and Drop in (Fitness Studio)	
12:00 pm		12:15-1:00pm Cardio Tone –Carole – Member and drop in (Fitness Studio)	12:15-1:00pm Body Sculpt Circuit – Lisa – member and drop in (Fitness Studio)	12-1pm Gentle Yoga – Tammy– Code 43537 and drop in (Fitness Studio)			
1:00 pm							
5:00 pm	5:00 – 5:45 pm Cycle-Fit – Tammy (No classes Feb 20, 2012)	5:00-5:45 Zumba – Tarey Registered and Drop in – Code 43527	Fitness at 5 – A Different Class every week – Jennifer (Fitness Studio) Member and drop-in	5:00-5:45pm Cycle-Fit – Keith – Member and drop in 5:00-5:45 pm Zumba – Tarey Registered and drop-in Code 43523			
6:00 pm	6:00-6:45 Cycle-Fit and Core – Tammy Code 42854 (No classes Feb 20, 2012)		6:00-7:00 pm – Mom and Daughter Yoga Code 43538 – Linda	6:30-7:30 – Tight and Toned – Linda LaSalle - Code 43515 No Classes Jan 26, Feb 2, or Mar 15 (Classes extended to April 12)			
		6:30-7:30 T&T – Lynda – LaSalle Code 43515 No Classes Jan 31, Mar 13, or April 9 (Classes extended to April 17)					
7:00 pm	7-8 pm – Total Body workout – Linda Code 43513 – Fitness Studio((No classes Feb 20, 2012)		7-8pm Total body Workout – Linda Code 43513 Fitness Studio				
	7-8pm Elginburgh – Sharon - Code 43516 – No Class Feb 20, March 12 or Apr 9 Classes extended to April 16		7-8 pm Elginburgh - Sharon Code 43516 - No Class March 14, 2012 Classes extended to April 4, 2012				

Artillery Park Winter Schedule January 8 to April 2, 2012

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9:00 am							
10:00 am		10:00-11:00 am WOW Women on Weights Weight machine circuit at Artillery Park Gym for Beginner and Mature Women Registered Min 4, Max 6--- Tammy Code 43525			10:00-11:00 am WOW Women on Weights Weight machine circuit at Artillery Park Gym for Beginner and Mature Women Registered Min 4, Max 6--- Tammy Code 44206	9:00-10:00 Zumba – Anne Code 43528	
12:00 pm	<u>12:10-12:50am</u> -Carole Noon Hour Fun and Fitness Code 43546		<u>12:10-12:50pm</u> – Carole Cardio Tone Code 43542		<u>12:10-12:50</u> – Noon Hour Fun and Fitness – Tarey Code 43517		
1:00 pm	<u>1:00-2:00pm</u> – Brittany Strength and Stamina Code 43520		<u>1:00-2:00pm</u> – Brittany Strength and Stamina Code 43520				
5:00 pm		<u>5:10-5:50pm</u> - Laura Fun and Fitness at Five Code 43544		<u>5:10-5:50pm</u> - Laura Fun and Fitness at Five Code 43519			
6:00 pm							
7:00 pm			<u>7:00-8:00 pm</u> - Zumba – Anne Code 43533				

Dates not running classes due to holidays

Monday, February 20, 2012 and in cases where classes are extended further into Monday, April, April 9th is Easter Monday

Outreach programs: Dates classes not running: January 25 to February 3, February 20, April 9, March 12-16, 2012