

Fitness FRENZY at Artillery Park Aquatic Centre

Monday Sept 18th – Sunday Sept 24th

Sign in for your FREE Fitness Class at the Front Desk. Sign up sheets are available maximum 20 minutes before class start time. Spaces limited.

Try a class before you sign up. It's Free all week!
Check out the Fitness Frenzy classes below.

TIME	MONDAY SEPT 18 TH	TUESDAY SEPT 19 TH	WEDNESDAY SEPT 20 TH	THURSDAY SEPT 21 ST	FRIDAY SEPT 22 ND	SATURDAY SEPT 23 RD	SUNDAY SEPT 24 TH
7 - 8 AM		<u>Morning Yoga</u> Multipurpose Room		<u>Morning Yoga</u> Multipurpose Room	<u>Morning Yoga</u> Multipurpose Room		
9 - 9:55AM	<u>Aqua Fit</u> Vicki Keith Pool	<u>Aqua Zumba</u> Vicki Keith Pool	<u>Aqua Fit</u> Vicki Keith Pool	<u>Aqua Fit</u> Vicki Keith Pool	<u>Aqua Fit</u> Vicki Keith Pool		
10 - 10:45AM	<u>Aqua Fit</u> Vicki Keith Pool	<u>Aqua Fit – Pool Noodle Suspension</u> Vicki Keith Pool	<u>Aqua Fit</u> Vicki Keith Pool	<u>Aqua Fit</u> Vicki Keith Pool	<u>Aqua Fit</u> Vicki Keith Pool	<u>Cycle Fit</u> Multipurpose Room	
11 - 11:45 AM						<u>Weekend Warrior</u> Multipurpose Room	<u>Aqua Fit</u> (10:45-11:40am) Vicki Keith Pool
12:15-1 PM	<u>Quick Fit 4 Lunch - Cardio</u> Gymnasium	<u>BLT</u> Multipurpose Room	<u>Quick Fit 4 Lunch - Strength</u> Gymnasium <u>Cycle Fit</u> Multipurpose Room	<u>BLT</u> Multipurpose Room	<u>Quick Fit 4 Lunch - Strength</u> Gymnasium <u>Cycle Fit</u> Multipurpose Room		
2:30- 3:30PM				<u>Aqua Yoga</u> Leisure Pool			
5:15 – 6 PM	<u>Fitness @ 5</u> Gymnasium	<u>Fitness @ 5 – ZUMBA!</u> Gymnasium	<u>Power Yoga</u> Multipurpose Room		<u>Fitness @ 5</u> Gymnasium		
6:15 – 7PM		<u>Cycle Fit</u> Multipurpose Room		<u>Cycle Fit</u> Multipurpose Room			
7:30 – 8:25PM	<u>Aqua Fit</u> Vicki Keith Pool		<u>Aqua Fit</u> Vicki Keith Pool				

Questions? Call 613-546-5291 ext. 1700 or go to www.cityofkingston.ca/fitness
Require this information in an alternate format?
Call 613-546-0000



Fitness FRENZY at INVISTA Fitness & Wellness Centre

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8:30-9:30AM					Wobble Board Cardio Fitness Studio		
10-11AM		Multi Level Yoga Fitness Studio		Multi Level Yoga Fitness Studio		Cycle Fit Fitness Centre	
11-11:45AM						Body Sculpt & Core Fitness Studio	
12:15-1PM	Lower Body Express Fitness Studio		Lower Body Express Fitness Studio				
1-1:45PM					Strength Training for Older Adults Fitness Studio		
5-6PM	Cycle Fit PLUS (5-6:20pm) Fitness Centre	Belly Dancing Fitness Studio Cycle Fit (5:15-6PM) Fitness Centre		Cycle Fit Fitness Centre Essentrics Fitness Studio Hard Core (5:50-6:20pm) Fitness Centre			
6-6:45PM	Tabata & Core Fitness Studio	Pure Strength Fitness Studio		BARRE Fitness Fitness Studio			
7-8pm	Total Body Workout Fitness Studio		Total Body Workout Fitness Studio				

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