

2022 Winter/Spring Dry Land and Aquatic Fitness Schedule

Jan. 3 – March 31



Start times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday						
5:45 a.m.	Cardio/Core Trend Room 5:45 a.m. – 6:30 a.m. 45 min	Cycle Loft 5:45 a.m. – 6:30 a.m. 45 min	Strength Trend Room 5:45 a.m. – 6:30 a.m. 45 min	Cardio/Strength Trend Room 5:45 a.m. – 6:30 a.m. 45 min	Cycle Loft 5:45 a.m. – 6:30 a.m. 45 min	Strength Trend Room 5:45 a.m. – 6:30 a.m. 45 min	Cardio/Core Trend Room 5:45 a.m. – 6:30 a.m. 45 min					
6 a.m.		Deep Water Workout Dive Tank 6 a.m. – 6:45 a.m. 45 min		Deep Water Workout Dive Tank 6 a.m. – 6:45 a.m. 45 min		Yoga – Flow Mind Body Room 6 a.m. – 6:45 a.m. 45 min						
7:15 a.m.							Cardio/Strength Trend Room 7:15 a.m. – 8 a.m. 45 min					
8:15 a.m.	Cardio/Core Trend Room 8:15 a.m. – 9 a.m. 45 min	Strength Trend Room 8:15 a.m. – 9 a.m. 45 min	Cardio/Strength Trend Room 8:15 a.m. – 9 a.m. 45 min	Strength Trend Room 8:15 a.m. – 9 a.m. 45 min	Aqua Yoga Leisure Pool *8 a.m. – 8:45 a.m. 45 min	Cardio/Core Trend Room 8:15 a.m. – 9 a.m. 45 min	Deep Water Workout Dive Tank 8:15 a.m. – 9 a.m. 45 min					
9:15 a.m.	Cardio/Core Trend Room 9:15 a.m. – 10 a.m. 45 min	Aquafit Lane Pool 9:15 a.m. – 10 a.m. 45 min	Strength Trend Room 9:15 a.m. – 10 a.m. 45 min	Cycle Loft 9:15 a.m. – 10 a.m. 45 min	Cardio/Strength Barre Sculpt Trend Room 9:15 a.m. – 10 a.m. 45 min	Aquafit Lane Pool 9:15 a.m. – 10 a.m. 45 min	Strength Trend Room 9:15 a.m. – 10 a.m. 45 min	Cycle Loft 9:15 a.m. – 10 a.m. 45 min	Dance SHiNE™ Dance Fitness Trend Room 9:15 a.m. – 10 a.m. 45 min	Aquafit Lane Pool 9:15 a.m. – 10 a.m. 45 min	Cardio/Strength Trend Room 9:15 a.m. – 10 a.m. 45 min	Cycle Loft 9:15 a.m. – 10 a.m. 45 min
10:30 a.m.	Mind, Body, Chair Mind Body Room 10:30 a.m. – 11:15 a.m. 45 min	Yoga – Hatha Mind Body Room 10:30 a.m. – 11:30 a.m. 1 hr	Strength/Balance Trend Room 10:30 a.m. – 11:15 a.m. 45 min	Sit and Be Fit Mind Body Room 10:30 a.m. – 11:15 a.m. 45 min	Yoga Gentle Body Flow Mind Body Room 10:30 a.m. – 11:30 a.m. 1 hr	Strength/Balance Trend Room 10:30 a.m. – 11:15 a.m. 45 min	Yoga – Restorative Mind Body Room 10:30 a.m. – 11:30 a.m. 1 hr					
11:15 a.m.	Gentle Aqua Leisure Pool 11:15 a.m. – noon 45 min			Gentle Aqua Leisure Pool 11:15 a.m. – noon 45 min			Gentle Aqua Leisure Pool 11:15 a.m. – noon 45 min					
12:15 p.m.	Cycle Loft 12:15 p.m. – 1 p.m. 45 min	Deep Water Workout Dive Tank 12:15 p.m. – 1 p.m. 45 min	Strength Trend Room 12:15 p.m. – 1 p.m. 45 min	Cardio/Strength Trend Room 12:15 p.m. – 1 p.m. 45 min	Deep Water Workout Dive Tank 12:15 p.m. – 1 p.m. 45 min	Foam Rolling Trend Room 12:15 p.m. – 1 p.m. 45 min	Cardio/Core Trend Room 12:15 p.m. – 1 p.m. 45 min	Deep Water Workout Dive Tank 12:15 p.m. – 1 p.m. 45 min	Cardio/Strength Trend Room 12:15 p.m. – 1 p.m. 45 min			
5:30 p.m.	Cardio/Core Trend Room 5:30 p.m. – 6:15 p.m. 45 min	Strength Trend Room 5:30 p.m. – 6:15 p.m. 45 min	Cardio/Strength Trend Room 5:30 p.m. – 6:15 p.m. 45 min	Strength Trend Room 5:30 p.m. – 6:15 p.m. 45 min	Cardio/Core Trend Room 5:30 p.m. – 6:15 p.m. 45 min							
5:45 p.m.	Deep Water Workout Dive Tank 5:45 p.m. – 6:30 p.m. 45 min			Deep Water Workout Dive Tank 5:45 p.m. – 6:30 p.m. 45 min								
6:30 p.m.	Cardio/Core Trend Room 6:30 p.m. – 7:15 p.m. 45 min	Cycle Loft 6:30 p.m. – 7:15 p.m. 45 min	Strength Trend Room 6:30 p.m. – 7:15 p.m. 45 min	Cardio/Strength Trend Room 6:30 p.m. – 7:15 p.m. 45 min	Cycle Loft 6:30 p.m. – 7:15 p.m. 45 min	Strength Trend Room 6:30 p.m. – 7:15 p.m. 45 min						
7 p.m.	Yoga – Hatha Mind Body Room 7 p.m. – 8 p.m. 1 hr			Yoga – Restorative Mind Body Room 7 p.m. – 8 p.m. 1 hr			Dance SHiNE™ – Dance Fitness Trend Room 7 p.m. – 7:45 p.m. 45 min					
7:30 p.m.		Cardio/Strength – Step Trend Room 7:30 p.m. – 8:15 p.m. 45 min		Dance – Zumba Trend Room 7:30 p.m. – 8:15 p.m. 45 min								

Advance reservation is required for class attendance. For class descriptions and the most up-to-date information, please visit genesisplace.ca
Classes are subject to change.