

TPASC Group Fitness Schedule

January 2 - April 28



A PARTNERSHIP OF THE CITY OF TORONTO AND
THE UNIVERSITY OF TORONTO SCARBOROUGH

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday												
8:10am – 9:00am		CYCLING Steve (Studio 2) 7:10am-8:00am	TAI CHI Linda Z (Studio 1)	CYCLING Cindy (Studio 2)	MINDFUL YOGA Mary (Studio 1)														
9:10am – 10:00am	AQUA POWER Kirill 9:30am -10:20am	TOTAL BODY Cindy (Studio 2)	DEEP AQUAFIT Xavier 9:30am – 10:20am	TABATA Cindy (Studio 2)	DEEP AQUAFIT Lena 9:30am-10:20am	SYNRGY Subanki (FC)	HATHA YOGA Christine (Studio 2)												
		SYNRGY Hristos (FC)		TOTAL CORE Arden (FC) 9:30am -10:15am		CYCLING Bela (Studio 2)													
10:10am – 11:00am	HATHA YOGA Christine (Studio 2)	HATHA YOGA Sofia (Studio 2)	HATHA YOGA Christine (Studio 2)	PILATES Sofia (Studio 2)	SYNRGY Hristos (FC)	TOTAL BODY Hasnain (Studio 2) 10:30am - 11:20am	ZUMBA Shantel (Studio 2)												
11:10am – 12:00pm	BETTER BONES Lynda (Studio 2)	PILATES Sofia (Studio 2)	ZUMBA Shereen (Studio 2)	HATHA YOGA Sofia (Studio 2)	BARRE-PILATES Lena (Studio 2)	ZUMBA Shantel (Studio 2) 11:30am - 12:30pm	SYNRGY Arden (FC)												
12:10pm – 1:00pm	SYNRGY Hristos (FC)	SHALLOW AQUAFIT Kirill 11:30am – 12:20pm	SYNRGY Ignacia (FC)	SYNRGY Arden (FC)	ACTIVE AGERS Lena (Studio 1)														
		TOTAL CORE Hristos (FC) 12:15pm -1:00pm	AQUA ZUMBA Shereen 1:10pm-2:00pm	GENTLE YOGA Anne (Studio 2)	HATHA YOGA Suba (Studio 2)														
6:10pm – 7:00pm	ZUMBA Katie (Studio 2)	BARRE Mary (Studio 2)	CYCLING Lynda (Track)	ZUMBA Kristen (Studio 2)	<div><table><tr><td></td><td>Cardio Class</td><td></td><td>Aquatics</td></tr><tr><td></td><td>Resistance</td><td>"FC"</td><td>Fitness Centre</td></tr><tr><td></td><td>Yoga/Pilates</td><td colspan="2">*Studios located on Level 3</td></tr></table><p>PLEASE PRE-REGISTER FOR CLASSES TO SAVE YOUR SPOT Registration opens 48 hours before the class start time.</p></div>				Cardio Class		Aquatics		Resistance	"FC"	Fitness Centre		Yoga/Pilates	*Studios located on Level 3	
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	Resistance	"FC"	Fitness Centre																
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CYCLING Cindy (Track)	HATHA YOGA Julie (Studio 1)	HATHA YOGA Suba (Studio 1)																	
7:10pm – 8:00pm	TOTAL BODY Lynda (Studio 2)	CYCLING Bela (Track)	TOTAL BODY Lynda (Studio 2)	TAI CHI Linda L (Studio 1)															
		ZUMBA Shantel (Studio 2)																	
8:10pm – 9:00pm	HATHA YOGA Julie (Studio 1)	HATHA YOGA Suba (Studio 2)	HATHA YOGA Julie (Studio 1)																

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