

MONDAY			TUESDAY			WEDNESDAY			THURSDAY		
Hours 5:30am-11:00pm			Hours 5:30am-11:00pm			Hours 5:30am-11:00pm			Hours 5:30am-11:00pm		
Front Studio	Back Studio	Pool	Front Studio	Back Studio	Pool	Front Studio	Back Studio	Pool	Front Studio	Back Studio	Pool
		Adult Swim Co-Ed 6:00-9:30am			Adult Swim			Adult Swim Co-Ed 6:00-12:30pm			Adult Swim Co-Ed 6:00-12:30pm
F.I.T. 9:30-10:30am Chris		Women's Only Swim 9:30-10:30am	*TFC Strength 10:00-11:00am City of Ottawa		Co-Ed	Group Ex 101 9:30-10:30am Chris		Women's Only Swim 9:30-10:30am			Co-Ed
				*Qi Gong 11:00-12:00pm Judy							6:00-12:30pm
Step 2 12:00-12:45pm Chris		Vitality Swim (50 +) 11:30-2:00pm	*Kettle bell 12:00-1:00pm Andrea	Power Yoga 12:00-12:45pm Judy	Vitality Swim (50 +) 12:30-2:00pm	Chisel 12:00-12:45pm Wendy		Vitality Swim (50 +) 12:30-2:00pm	The Final Cut 12:00-12:45pm Chris		Vitality Swim (50 +) 12:30-2:00pm
		Adult Swim Co-Ed 2:00-6:30pm			Adult Swim Co-Ed 2:00-6:30pm			Adult Swim Co-Ed 2:00-6:30pm	*TFC Strength 1:00-2:00pm City of Ottawa	Women's Only	Adult Swim Co-Ed 2:00-5:30pm
Chisel 4:30-5:30pm Wendy	*Boot Camp 1 4:30-5:30pm Kim					*Performance Run 1 5:30-6:30pm Ryan	*Boot Camp 1 4:30-5:30pm Kim			Retro-Robics Wendy 4:30-5:30pm	
The Final Cut 5:30-6:30pm Nancy	*Boot Camp 2 5:30-6:30pm Kim		Chisel & Yoga 1 5:30-6:30pm Sherry	*Boot Camp 3 5:30-6:30pm Kim	*Swim Lessons 5:30-6:30pm	Club Step 2 5:30-6:30pm Chris	*Boot Camp 2 5:30-6:30pm Kim		Club Step 3 5:30-6:30pm Khalil	*Boot Camp 3 5:30-6:30pm Kim	*Swim Lessons 5:30-6:30pm
Pilates 2 6:30-7:30pm Julie	* Pole Dancing 6:30-7:30pm Hannah	Liquid Fusion 6:30-7:30pm Chris/Nancy	Boxing Ring 6:30-7:30pm Eldon	*Boot Camp 1 6:30-7:30pm Kim	W.O. Liquid Fusion 6:30-7:30pm Sherry	*Kettle bell 6:30-7:30pm Andrea	*Running for WL 6:30-7:30pm Ryan	Liquid Fusion 6:30-7:30pm Chantelle	F.I.T. 6:30-7:30pm Khalil	*Boot Camp 1 6:30-7:30pm Kim	Womans Only Swim 6:30-7:30pm
	*Pole Dancing 7:30-8:30pm Hannah	Adult Co-ed Swim 7:30-8:00pm	Zumba 7:30-8:30pm Carolina		*Strokes 7:30-8:30pm	*Hooping 2 7:30-8:30pm Alexandra	Hatha Yoga 7:30-8:30pm David	Adult Co-ed Swim 7:30-8:00pm		*Pole Dancing 7:30-8:30pm Hannah	*Learn to Swim 7:30-8:30pm
	*Pole Dancing 8:30-9:30pm Hannah	*H2O V-Ball 8:00-9:30pm Jaime			Adult Co-Ed Swim 8:30-10:30pm	*Hooping 1 8:30-9:30pm Alexandra		*H2O V-Ball 8:00-9:30pm Jaime		*Pole Dancing 8:30-9:30pm Hannah	Adult Co-Ed Swim 8:30-10:30pm

* Denotes that registration is required to participate. Session Starts Jan 11, 2010

Level 1 Beginner Workout

Level 2 Intermediate Workout

Level 3 Advanced Workout

FRIDAY			SATURDAY		
Hours 5:30am-10:00pm			Hours 7:00am-8:00pm		
Front Studio	Back Studio	Pool	Front Studio	Back Studio	Pool
		Adult Swim Co-Ed 6:00-9:30am			*Strokes 8:00-9:00am
		Women's Only Swim 9:30-10:30am	Club Step 2 9:30-10:30am Nancy		*Swim Lessons 9:00-12:00pm
		Adult Swim Co-Ed 11:00-4:30pm	*Focus Martial Arts 10:30am-1:30pm Chris/Kelly	Pilates 1 10:30-11:30am David	*Women's Only Learn to Swim 12:00-1:00pm
Boxing Ring 12:00-12:45pm Eldon					Supervised Family Swim 1:00-2:00pm
			Zumba 1:30-2:30pm Carolina		*Swim Lessons 2:00-4:00pm
		*Aquatic Swim Lessons 4:30-6:30pm		Women's Only Retro-Robics Wendy 4:30-5:30pm	Adult Co-Ed Swim 4:00-7:30pm
FRIDAY			SUNDAY		
Hours 5:30am-10:00pm			Hours 9:00am-5:00pm		
Front Studio	Back Studio	Pool	Front Studio	Back Studio	Pool
		Supervised Family Swim 6:30-8:30pm		Power Yoga 9:30-10:30am Zina	Adult Swim Co-ed 9:00-12:30pm
		Adult Swim Co-Ed 8:30-9:30pm	Boxing Ring 11:00-12:00pm Carolyn		Women's Only Swim 12:00-1:00pm
			Washboard Abs 12:00-12:30pm Carolyn		*H2O V-Ball 3:00-4:30pm Jaime

NEW Woman's Only Programs:

Please note that all classes will be taught in the back studio or the pool! We will do our best to inform all of our members that these times are dedicated for Women Only. However, we must inform all members that men may accidentally enter the facilities during these times.

Liquid Fusion - Our exclusive aqua fitness class for all levels taught in the pool! Tuesday/Thursday Nights 6:30-7:30pm

Retro-Robics- A traditional hi/lo cardio workout!
Thursday & Saturdays 4:30-5:30pm

Swim Times-

Mon/Wed/Fri	9:30-10:30am
Tue / Thurs	6:30-7:30pm
Sat/Sun	12:00-1:00pm

Specialty Fitness Programs for All:

Pole Dancing - Beginner, intermediate and advanced levels!

Focus Martial Arts - For Tots, kids, teens and adults!

Hooping - Master the new age core workout!

H2O Volleyball - Hope Beach made it to the pool! Sign up solo or with a team!

Running for Weight Loss / Performance Running

Kettle Bell Training - Build upper body and core strength with a cast iron weight that looks like a cannon ball.

Check out our Winter Programs guide for more information and pricing!

* Denotes that registration is required to participate. Session Starts Jan 11, 2010

- | | |
|---------|----------------------|
| Level 1 | Beginner Workout |
| Level 2 | Intermediate Workout |
| Level 3 | Advanced Workout |

