



Fitness Centre Hours:
 Monday - Friday 5:00am - 10:00pm
 Weekends 7:00am - 7:00pm

Childcare Hours:
 Monday - Friday 9:00am - 1:00pm
 Monday - Thursday 4:00pm - 8:00pm
 Weekends 9:00am - 2:00pm

For questions or for information call the Fitness Centre front desk at (407) 303-4400

GROUP FITNESS SCHEDULE - July 26th - October 24th, 2010

	6:15am	8:15am	9:15am	10:15am	11:15am	12:15pm	4:30pm	5:30pm	6:30pm	7:30pm
Monday	 Dave M		 Olga	 Tonya	 Laura	Gentle Yoga Alexis	Cycle Paul	 David H & Mitch	 Christie & Guest	Core & Abs (Yogalates) Doreen
Tuesday	 Stefanie		 Cycle Ernesta	 Emily	 Stacy Dee		 Laura	 Olga & Sara	 Allie	Yoga Alexis
Wednesday	 David H		 Tonya	 Sara & Olga	 Stacy Dee	Latin Grooves Alexis	 Erika	 Emily & Christie	 Ernesta & Tracy	 Christie/Ellen
Thursday	 David H & Kristy	Cycle Paul	 Stacy Dee & Christie	 Emily	 Stacy Dee	Gentle Yoga Alexis	 Mitch	 Cycle Julie H	 Allie	Yoga Alexis
Friday	 Dave M	 Julie H	 Cycle Julie H	 Mitch & Emily	 Tonya		 5:00pm 40 min Express Ernesta	 5:45pm 40 min Express Ernesta	 Joe & Stacy Dee	
Saturday			Yoga Carol (90 min.)							
Sunday		 Cycle Julie	 David C	 Christie	 Christie	Reserved 2:00 - 4:00pm	 Ernesta	 45 min Express Allie	 0:10pm 30 min Express Ernesta	

Learn the moves at www.CelebrationFitness.com & www.LesMills.com