



# NORTH OSHAWA

69 Taunton Rd. W Oshawa, ON

905-720-2111

Please visit our website @ [www.bodyboomers.com](http://www.bodyboomers.com)  
and fill out the Group Fitness survey with your input on our schedule.

	Club Hours	Daycare Hours
Mon - Thurs	4:15am - 1:00am	9:00am-12:00pm
Friday	4:15am- 11:30pm	4:45pm - 8:30pm
Sat	6:30am - 8:00pm	9:00 am-1:00pm
Sun	6:30am - 8:00pm	9:00 am-1:00pm

## Group Fitness Schedule

Schedule Starts: May 1st

Group Fitness Manger: Joanna Ross (North Oshawa Only)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>5:45-6:45</b>	<b>5:45-6:45</b>	<b>5:45-6:45</b>	<b>5:45-6:45</b>	<b>5:45-6:45</b>		
Step (2,3) Rhonda	Strength & Tone (1,2,3) Deb	Spinning (1,2,3) Treina	Core Strength (1,2,3) Evan	Spin & Upperbody (1,2,3) Treina/Deb		
	<b>8:00-9:00</b>	<b>8:00-9:00</b>	<b>8:00-9:00</b>		<b>8:00-9:00</b>	<b>8:00-9:00</b>
	Yoga (1,2,3) Kathy	Core Strength (1,2,3) Randy	Spinning (1,2,3) Gene		Spin & Core (1,2,3) Lisa	Spin & Sculpt (1,2,3) Rhonda
<b>9:15-10:30</b>	<b>9:15-10:15</b>	<b>9:15-10:30</b>	<b>9:15-10:15</b>	<b>9:15-10:15</b>	<b>9:15-10:15</b>	<b>9:15-10:15</b>
Spin & Core (1,2,3) Gillian	Body Pump (1,2,3) Debbie Smyth	Cardio Mix (1,2,3) Gillian	Strength & Tone (1,2,3) Joyce	Cardio Bootcamp (1,2,3) Tara	Step Circuit (2,3) Rhonda/Deb Smith	Step Interval (2,3) Rhonda
	<b>10:30-11:00</b>		<b>10:30-11:00</b>		<b>10:30-11:30</b>	<b>10:30-11:30</b>
	Stretch (1,2,3) Debbit Smyth		Stretch (1,2,3) Joyce		Pilates (1,2,3) Susan	Zumba (1,2,3) Anastasia
<b>12:15-1:00</b>					<b>11:30-12:30</b>	<b>11:30-12:30</b>
Cardio Bootcamp (1,2,3) Michelle					Equipment Demo <b>NEW CLASS</b> Randy	Step Basics <b>NEW CLASS</b> Michelle
<b>5:00-6:00</b>	<b>5:00-6:00</b>	<b>5:00-6:00</b>	<b>5:00-6:00</b>	<b>5:00-6:00</b>		
Power Core (1,2,3) Nancy	Spinning (1,2,3) Rhonda	Step Circuit (2,3) Rhonda/ Deb	Pilates (1,2,3) Debbie Smyth	Spin & Core (1,2,3) Randy		
<b>6:00-7:00</b>	<b>6:00-7:00</b>	<b>6:00-7:00</b>	<b>6:00-7:00</b>	<b>6:30-7:30</b>	<b>JOIN US ONLINE</b> Follow us on Twitter @bodyboomersfit & "LIKE US" on FACEBOOK for the latest news and events!	
Spinning Bootcamp (2,3) LISA	Strength & Tone (1,2,3) Debbie Smyth	Spin & Abs (1,2,3) Randy/Gene	Strength & Tone (1,2,3) Ron	Spin (1,2,3) Steve		
<b>7:00-8:00</b>	<b>7:00-8:00</b>	<b>7:00-8:00</b>	<b>7:00-8:00</b>			
Core Strength (1,2,3) Randy	Yoga (1,2,3) Teresa	Cardio Bootcamp (1,2,3) Michelle	Cardio Kickboxing (1,2,3) Michelle			
<b>8:00-9:00</b>				<b>Group Fitness Code of Conduct</b> Classes are subject to change due to member response and attendance.  Minimum of 4 participants per class required. <b>Fitness Levels</b> (1) Beginner (2) Intermediate (3) Advanced		
Spin (1,2,3) Steve						

Suitable for pre natal women

\*\*\*\*\*WANT TO WORK OUT AT ALL FOUR LOCATIONS\*\*\*\*\*  
**PLEASE SEE YOUR MEMBERSHIP COORDINATOR OR CLUB MANAGER FOR INFO ON OUR GOLD MEMBERSHIPS**

