



# VERITY

## GROUP EXERCISE SCHEDULE

### WINTER 2009/2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		6:30 – 7:30 <b>PILATES</b> Elizabeth		6:30 – 7:30 <b>PILATES</b> Elizabeth	6:45 – 7:45 <b>SPIN</b> Jillian	
	7:00 – 7:45 <b>SPIN *</b> Jillian	7:30 – 8:30 <b>BOXING</b> Garfield	7:00 – 7:45 <b>SPIN</b> Elisabeth	7:30 – 8:30 <b>BOXING</b> Garfield		9:00 – 10:00 <b>SPIN</b> Elisabeth
						9:00 – 10:00 <b>YOGA</b> Dennison
10:00 – 10:45 <b>AQUAFIT</b> Mahnoush	9:30 – 10:30 <b>MOTHER &amp; CHILD SWIM</b>		9:30 – 10:30 <b>MOTHER &amp; CHILD SWIM</b>			10:00 – 10:45 <b>AQUAFIT</b> Sharon
		11:30 – 12:30 <b>SPIN</b> Hayley	10:30 – 11:30 <b>MOM &amp; BABE</b> Carla	11:30 – 12:30 <b>SPIN</b> Hayley	11:00 – 12:00 <b>MOM &amp; BABE</b> Carla	10:00 – 11:15 <b>FLOW MOTION</b> Miriam
	12:45 – 1:45 <b>FUNK THE FAT</b> Miriam	12:30 – 1:30 <b>INTRO TO YOGA</b> Hayley	12:25 – 1:30 <b>INTERMEDIATE PILATES</b> Sagrario	12:30 – 1:30 <b>*NEW YOGA*</b> Hayley	12:25 – 1:30 <b>INTERMEDIATE PILATES</b> Sagrario	11:00 – 11:45 <b>AQUAFIT</b> Suzy
				12:45 – 1:45 <b>FUNK THE FAT</b> Miriam		
2:00 – 4:00 <b>MOTHER &amp; CHILD SWIM</b>						
			4:30 – 5:30 <b>NEW *YIN YOGA*</b> Lisa			
	5:45 – 6:45 <b>BREATH &amp; MEDITATION</b> Julie		5:30 – 6:30 <b>FLOW MOTION</b> Miriam			
	6:00 – 7:00 <b>SPIN</b> Cherilee		6:45 – 7:45 pm <b>YOGA Jan 20th</b> Dennison	6:00 – 7:00 <b>QIGONG</b> Julie		
	6:00 – 7:00 <b>INTERMEDIATE PILATES</b> Ceri	6:30 – 7:30 <b>AQUAFIT</b> Katherine		6:30 – 7:30 <b>AQUAFIT</b> Miriam		
	7:00 – 8:00 <b>BEGINNER PILATES</b> Ceri					

\*Please note Aquafit on Saturdays will be offered at 10 and 11am for the month of January\*

If you wish to sign up for a class, please call Verity at ext. 225 or send an email to [cs@verity.ca](mailto:cs@verity.ca).

Please note the Breath & Meditation Class will be held in the Orchid Room in the Spa.



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