



VERITY

GROUP EXERCISE SCHEDULE

WINTER 2009/2010

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

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



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