



SPIN

YOGA/PILATES/STRETCH

CARDIO/STRENGTH

SUMMER FITNESS SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
9:15AM JENN Step + Sculpt	9:15AM DEBI Strength Training	9:15AM JENN Move + Groove	9:15AM MYCHEL Interval Training	9:15AM JENN Core + More	9:30AM JENN Interval Training	
10:30AM LE Gentle Yoga	10:30AM LUCY Beyond Stretch	10:30AM LE Yang Yin Yoga	10:30AM ANDREA Slow Flow	10:30AM CHRISTINA Gentle Yoga	10:30AM ANDREA Yang Yin Yoga	10:30AM TRINH Yoga Flow
12:10PM JODY Spin	12:10PM MYCHEL HIIT Training	12:10PM JEFF Spin	12:10PM JAY Interval Training	12:10PM MELISSA Boot Camp		
5:30PM JEFF Spin		5:30PM JEFF Spin	5:30PM PETRA Pilates			
6:30PM JAYNE Strength Training	6:30PM JENN Interval Training	6:30PM DEBI Core + More				
7:30PM CHRISTINA Yoga + Stretch	7:30PM TRINH Restorative Yoga	7:30PM CHRISTINA Yang Yin Yoga				

EMAIL JENN@GREYSTONECLUB.CA TO REGISTER FOR ONLINE CLASSES

24 HOUR PRE-REGISTRATION REQUIRED

HOT YOGA

AVAILABLE ONLINE + IN PERSON