



SPIN

YOGA/PILATES/STRETCH

CARDIO/STRENGTH

FALL FITNESS SCHEDULE

| MON | TUE | WED | THU | FRI | SAT | SUN |
|--|---|---|--|--|---|--------------------------------------|
| 6:10AM DEIDRE Strength Conditioning | | 6:10AM MEREDITH Spin | | 6:10AM JAY Interval Training | 9:30AM JENN ONLINE Interval | |
| 9:15AM JENN Step + Sculpt | 9:15AM KELSEY Strength Training | 9:15AM JENN Move + Groove | 9:15AM DEBI Interval Training | 9:15AM JENN Core + More | 9:30AM *ROTATING* Spin | |
| 10:30AM LE Yang Yin Yoga | 10:30AM LUCY Beyond Stretch | 10:30AM PETRA Pilates | 10:30AM ANDREA Slow Flow | 10:30AM CHRISTINA Gentle Yoga | 10:30AM ANDREA Yang Yin Yoga | 10:30AM TRINH Yoga Flow |
| 10:50AM MJ Pickleball Mobility | 12:10PM DEIDRE Strength Conditioning | 12:10PM PETRA Yoga + Stretch | 12:10PM JAY Interval Training | 12:10PM JODY Spin | | |
| 12:10PM JODY Spin | | 5:30PM KRYSTINA Spin | | | | |
| 5:30PM JEFF Spin | | | | | | |
| 6:30PM LEANNE Strength Training | 6:30PM JENN Interval Training | 6:30PM JAY Core + More | 5:30PM PETRA Pilates | | | |
| 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

HOT YOGA AVAILABLE ONLINE + IN PERSON