



GROUP FITNESS SCHEDULE

WINTER 2020

CLASS PASSES AND DROP-IN AVAILABLE AT THE FRONT DESK!

Mon	Tues	Wed	Thur	Fri
AQUAFIT 9:15 - 10:15 AM	AQUA POWER LUNCH 12 - 12:45 pm	AQUAFIT 9:15 - 10:15 AM	AQUA POWER LUNCH 12 - 12:45 pm	AQUAFIT 9:15 - 10:15 AM
ZUMBA 5:30 - 6:30 PM	EMPOWER HOUR 4:30-5:30 PM	POWER YOGA 5:45-6:45 PM	EMPOWER HOUR 4:30 - 5:30 PM	FUNCTIONAL FITNESS 12 - 12:45 PM
GENTLE YOGA 7:15 - 8:15 PM		FUNCTIONAL FITNESS 7:15 - 8:15 PM	MODO FIT 6:15 - 7:00 PM	

LEGEND:

POOL CLASSES
OPEN TO ALL

CR CLASSES
OPEN TO ALL

MODO YOGA CLASSES
RESTRICTED TO
STUDENTS

thunderwolves.ca/fitness

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