

Day	Class	Time	Location
Monday	Bootcamp	6:15-7:00 a.m.	Fitness Studio
	15/15/15	7:15-8:00 a.m.	Fitness Studio
	Prime Motion	8:15-9:00 a.m.	Fitness Studio
	Dance Fit	9:15-10:00 a.m.	Fitness Studio
	Talk & Trek	10:00-11:00 a.m.	Indoor Track
	Sculpt & Tone	11:15 a.m.-12:00 p.m.	Fitness Studio
	Align Fit	12:15-12:45 p.m.	Fitness Studio
	Half-hour Hustle	4:45-5:15 p.m.	Fitness Studio
	Express Cycle	6:30-7:00 p.m.	Fitness Studio
	Power Through	7:15-8:00 p.m.	Fitness Studio
	Bootcamp	8:15-9:00 p.m.	Fitness Studio
Tuesday	HIIT	8:30-9:00 a.m.	Fitness Studio
	Total Strength	9:15-10:00 a.m.	Fitness Studio
	Vinyasa Yoga	10:15-11:00 a.m.	Fitness Studio
	Sculpt & Tone	11:15 a.m.-12:00 p.m.	Fitness Studio
	Strong & Steady	12:15-12:45 p.m.	Fitness Studio
	15/15/15	4:45-5:30 p.m.	Fitness Studio
	Body Strong	7:15-8:00 p.m.	Fitness Studio
	DanceFit (Start Mar 3)	8:15-9:00 p.m.	Fitness Studio
Wednesday	Bootcamp	6:15-7:00 a.m.	Fitness Studio
	Cycle	8:15-9:00 a.m.	Fitness Studio
	Step	9:15-10:00 a.m.	Fitness Studio
	Talk & Trek	10:00-11:00 a.m.	Indoor track
	Vinyasa Yoga	11:15 a.m.-12:00 p.m.	Fitness Studio
	Align Fit	12:15-12:45 p.m.	Fitness Studio
	Strong & Steady	1:15-2:00 p.m.	Fitness Studio
	HIIT	4:45-5:15 p.m.	Fitness Studio
	Lift Lab	7:15-8:00 p.m.	Fitness Studio
	Stretch & Stillness	8:15-9:00 p.m.	Fitness Studio

Flip over for the other half of the week.

Visit www.saugeenshores.ca/PrydeAWC to find a full list of programs and pass options at the Pryde Aquatic and Wellness Centre!

***Schedule subject to change**

Day	Class	Time	Location
Thursday	Total Strength	8:15-9:00 a.m.	Fitness Studio
	Power Through	9:15-10:00 a.m.	Fitness Studio
	Dance Fit	10:15-11:00 a.m.	Fitness Studio
	Stretch & Stillness	12:15-12:45 p.m.	Fitness Studio
	Prime Motion	1:15-2:00 p.m.	Fitness Studio
	HIIT	4:45-5:15 p.m.	Fitness Studio
	Cardio Boxing	5:15-6:00 p.m.	Fitness Studio
	Yin Yoga	6:15-7:00 p.m.	Fitness Studio
	Power Through	7:15-8:00 p.m.	Fitness Studio
	Glow Cycle	8:15-9:00 p.m.	Fitness Studio
Friday	Bootcamp	6:15-7:00 a.m.	Fitness Studio
	Cycle	7:15-8:00 a.m.	Fitness Studio
	Body Strong	9:15-10:00 a.m.	Fitness Studio
	Talk & Trek	10:00-11:00 a.m.	Fitness Studio
	Sculpt & Tone	11:15-12:00 p.m.	Fitness Studio
	Stroller Fit	12:00-1:00 p.m.	Fitness Studio
	Half-hour Hustle	12:15-12:45 p.m.	Fitness Studio
	Prime Motion	1:15-2:00 p.m.	Fitness Studio
Saturday	HITT	8:00-8:30 a.m.	Fitness Studio
	Wild Card Workout	8:45-9:30 a.m.	Fitness Studio
Sunday	Power Through	8:15-9:00 a.m.	Fitness Studio
	Cycle	9:15-10:00 a.m.	Fitness Studio
	Step (Start Mar 8)	10:15-11:00 a.m.	Fitness Studio

Flip over for the other half of the week.

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