



***** Wawa Gvm is open 24 hours w/fob access *****

Michipicoten Memorial Community Centre - Wawa Fitness Centre Fall Session

12 weeks starting Monday, September 16th – Saturday December 7th, 2019

Monday	Tuesday	Wednesday	Thursday	Saturday
Pilates Strength 9:00 - 10:00 am Stephanie - LS	AM Total Fit 9:00 - 10:00 am Chris - LS	Gentle Yoga 9:00 - 10:00 am Chris - BR	AM Total Fit Circuit 9:00 - 10:00 am Chris - LS	Instructor's Choice 9:30 - 10:00 am TBD - US
Total Body 5:30 - 6:00 pm Chris - LS	Total Body 5:45 - 6:30 pm Shannon - LS	Pilates 5:30 - 6:30 pm Stephanie - BR	Zumba 5:30 - 6:15 pm Mirinda - LS	
		HITT 6:30 - 7:00 pm Mirinda - LS		

Cancellations:

- *Sept 23rd 5:30-6:00pm Total Body
- *Sept 24th 9:00-10:00am Total Fit
- *Sept 26th 9:00 - 10:00am Total Fit Circuit

Changes:

- * Sept 24th 9-10am Pilates instead of Yoga
- * Oct 17th 9-10am Pilates instead of AM Total Fit
- * Nov 6th 5:30-6:30pm Yogalates instead of Pilates

LS=lower studio

US=Upper Studio

BR=Banquet Room

HITT=High Intensity Interval Training

TBD=To Be Determined