

## Group Fitness

Fee: FREE Members / \$8.00 Non-Member Adults, \$7.00 Non-Member Seniors

	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
5:00am	Indoor Cycle 5:45-6:15am				Indoor Cycle 5:45-6:15am	
6:00am						
7:00am		Indoor Cycle 7:00-7:45am				
8:00am	Low and Tone 8:30-9:15am		Low and Tone 8:30-9:15am		Indoor Cycle 8:30-9:15am	
9:00am	Super Step 9:30-10:30am	Circuit Boot Camp 9:30-10:30am	Interval Strong 9:30-10:30am	Body Tone 9:30-10:30am	Muscle Up 9:30-10:30am	Strength and Cardio 9:15-10:45am
10:00am	Stroller Boot Camp 10:45-11:45am	Pilates 10:45-11:45am	Stroller Boot Camp 10:45-11:45am			
11:00am						
12:00pm	Indoor Cycle 12:00-12:30pm	Strong by Zumba 12:00-12:30pm	Indoor Cycle 12:00-12:30pm			
4:00pm	Circuit Boot Camp 4:30-5:30pm		Circuit Boot Camp 4:30-5:30pm		<b>PLEASE NOTE</b>  <i>Cycle classes</i> have a max of 10 participants. Please call or visit front desk to sign up.  <i>Members</i> can sign up 2 days prior to the class.  <i>Non Members</i> can sign up 30 minutes before the class. Pre-registered no shows could be bumped.	
5:00pm	Yoga 5:45-6:45pm		Yoga 5:45-6:45pm	Yoga 5:45-6:45pm		
6:00pm		Indoor Cycle 6:00-6:45pm				
7:00pm	Restorative Yin Yoga 7:00-8:00pm	Muscle Up 7:00-8:00pm	Yogalates 7:00-8:00pm	Zumba Gold 7:00-8:00pm		
8:00pm		Indoor Cycle 8:15-9:00pm		Indoor Cycle 8:15-9:00pm		

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[communityservices@ingersoll.ca](mailto:communityservices@ingersoll.ca)



519-425-1181



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**Aquatic Fitness**

Fee: FREE Members / \$8.00 Non-Member Adults, \$7.00 Non-Member Seniors

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>8:00am</b>	<b>Deep Water Walk/Run 8:15-9:00am</b>	<b>Shallow Water Aquafit 8:15-9:00am</b>	<b>Deep Water Aquafit 8:15-9:00am</b>	<b>Deep Water Aquafit 8:15-9:00am</b>	<b>Deep Water Walk/Run 8:15-9:00am</b>
<b>9:00am</b> <i>*Instruction starts at 9:05 and ends at 9:50am*</i>	<b>Shallow Water Aquafit 9:00-10:00</b>	<b>Low Impact Aquafit 9:00-10:00</b>	<b>Shallow Water Aquafit 9:00-10:00</b>	<b>Low Impact Aquafit 9:00-10:00am</b>	<b>Shallow Water Aquafit 9:00-10:00am</b>
<b>10:00am</b> <i>Class is 10:15-11:00, free time 11-11:15am</i>					<b>Parent and Tot Water Fitness 10:15-11:15am <i>Ages 8-18 Months</i></b>
<b>7:00pm</b>	<b>Shallow Water Express Aquafit 7:30-8:15pm</b>		<b>Shallow Water Express Aquafit 7:15-8:00pm</b>		

**Parent and Tot Water Fitness classes** have a max of 10 participants. Please call or visit front desk to sign up.

Members can sign up 2 days prior to the class.

Non Members can sign up 30 minutes before the class. Pre-registered no shows could be bumped.

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