

Session 1: February 3rd – April 19th, 2020

Call: 519-425-1181 Click: <https://app.booking.ca/ingersollcspub/> Connect: 355 Wellington St.

Group Fitness

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

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
Indoor Cycle* 5:45-6:15am		Indoor Cycle* 5:45-6:15am		Indoor Cycle* 5:45-6:15am	
	Indoor Cycle* 7:00-7:45am		Indoor Cycle* 7:00-7:45am		
Low and Tone 8:30-9:15am		Low and Tone 8:30-9:15am		Indoor Cycle* 8:30-9:15am	
Super Step 9:30-10:30am	Yoga 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
Stroller Boot Camp 10:45-11:45am	Pilates 10:45-11:45am	Stroller Boot Camp 10:45-11:45am			
Indoor Cycle* 12:00-12:30pm		Indoor Cycle* 12:00-12:30pm		Indoor Cycle* 12:00-12:30pm	
Circuit Boot Camp 4:30-5:30pm	Indoor Cycle* 4:30-5:15pm	Circuit Boot Camp 4:30-5:30pm		Indoor Cycle* 4:30-5:15pm	
				<p>*INDOOR CYCLE IS A REGISTERED PROGRAMS</p> <p>Indoor Cycle classes have a max. of 10 participants per class. Please call, visit front desk, or online to sign up.</p> <p>Members can sign up 7 days prior to the class.</p> <p>Non Members can sign up 2 days prior to class starting at 9am. Drop in fees are paid at time of registration. Pre-registered no shows could be bumped.</p>	
Yoga 5:45-6:45pm	Indoor Cycle* 6-6:45pm	Yoga 5:45-6:45pm	Yoga 5:45-6:45pm		
Yin Yoga 7:00-8:00pm	Muscle Up 7:00-8:00pm	Yogalates 7:00-8:00pm	Indoor Cycle* 7:00-7:45pm		
Indoor Cycle* 8:15-9:00pm	Indoor Cycle* 8:15-9:00pm		Indoor Cycle* 8:15-9:00pm		

STARTING FEBRUARY 3RD!

Child Minding (formerly Kid Zone) is available Monday and Wednesday 4:15pm to 8pm for ages 2 to 10 years of age. (Staff will not change diapers). \$4.00/child Drop in rate for children without a membership. No cost for children with a membership. Not available on Feb 17, March 16, March 18.

Connect With Us!



www.ingersoll.ca



communityservices@ingersoll.ca



519-425-1181



Ingersoll Community Services Dept.