

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 style="text-align: center;">PLEASE NOTE</p> <p><i>Indoor Cycle classes have a max of 10 participants.</i></p> <p>NEW REGISTRATION PROCESS!</p> <p>Please call, visit front desk, or <u>online</u> 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.</p> <p>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		

Connect With Us!



www.ingersoll.ca



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Ingersoll Community Services Dept.