

# OTTAWA ATHLETIC CLUB GROUP FITNESS SCHEDULE - FALL 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 HOT YOGA (REGISTER ONLINE)	6:15 OAC BOOTCAMP 45	6:30 HOT YOGA (REGISTER ONLINE)	6:15 OAC BOOTCAMP 45	8:45 POWER AQUA	8:00 HIGH INTENSITY SPIN 45 (REGISTER ONLINE)	9:00 HOT POWER YOGA (REGISTER ONLINE)
8:00 TABATA BOOTCAMP (ADDITIONAL CLASS!)	7:00 WAKE ME UP... (REGISTER ONLINE)	8:45 POWER AQUA	7:00 WAKE ME UP... (REGISTER ONLINE)	9:00 CARDIO POWER 45	9:00 CYCLE 60 (REGISTER ONLINE)	9:00 CYCLE 60 (REGISTER ONLINE)
8:45 POWER AQUA	8:00 TABATA (ADDITIONAL CLASS!)	9:10 TWILIGHT ZONE (REGISTER ONLINE)	9:00 AQUA VARIETY	9:10 CYCLE 60 (REGISTER ONLINE)	9:00 BEGINNER YOGA (REGISTER ONLINE)	9:30 TABATA
9:00 OAC BOOTCAMP 45	9:00 AQUA BOOT CAMP	9:30 BALL CORE & STRENGTH	9:30 CIRCUIT ON THE SPOT	9:30 AQUA 🙌	9:00 AQUA	10:30 🧘 ZUMBA
9:10 CYCLE 60 (REGISTER ONLINE)	9:30 CIRCUIT ON THE SPOT	9:30 AQUA 🙌	9:30 GENTLE YOGA 🙌 (REGISTER ONLINE)	9:45 🧘 ZUMBA	9:30 POWER HOUR	10:30 HOT YIN/YANG YOGA (REGISTER ONLINE)
9:30 AQUA 🙌	9:30 HATHA YOGA 75 (REGISTER ONLINE)	10:00 JUST WOMEN	10:30 KEEP ON MOVIN' 🙌 (90 MINUTES)	10:00 JUST WOMEN	10:30 POWER YOGA 90 (REGISTER ONLINE)	
9:45 🧘 ZUMBA	10:30 KEEP ON MOVIN' 🙌 (90 MINUTES)	10:30 GENTLE FLOW YOGA (REGISTER ONLINE)	10:45 MOBILIBAL (REGISTER ONLINE)	10:30 FLOW YOGA (REGISTER ONLINE)	10:30 CORE CRUSH 30	
10:00 JUST WOMEN	12:00 HOT POWER YOGA (REGISTER ONLINE)	10:30 KEEP ON MOVIN' 🙌 (90 MINUTES)	12:00 WARM FLOW YOGA (REGISTER ONLINE)	10:50 STRETCH & FLEX 🙌		
10:30 FLOW YOGA (REGISTER ONLINE)	12:15 HIGH INTENSITY SPIN 45 (REGISTER ONLINE)	12:00 HATHA YOGA 🙌 (REGISTER ONLINE)	12:15 SUPER CYCLE 45 (NEW CLASS!)	12:15 BALL CORE & STRENGTH		
10:50 STRETCH & FLEX 🙌	4:30 HOT YOGA + TWIST OF CORE (REGISTER ONLINE)	12:15 ATHLETIC CONDITIONING	4:30 HOT YOGA (REGISTER ONLINE)	5:30 AQUA		
12:00 HATHA YOGA 🙌 (REGISTER ONLINE)	5:00 I.C.E. (INTEGRATED CORE EXERCISES)	4:45 MOBILIBAL 🙌 (REGISTER ONLINE)	6:15 WARM YOGA (REGISTER ONLINE)	6:00 BEGINNER YOGA 🙌 (REGISTER ONLINE)		
12:15 FIT EXPRESS	5:45 STEP MANIA	5:00 FIRE				
5:00 H.I.I.T.	6:15 HOT CORE YOGA (REGISTER ONLINE)	5:30 CYCLE 60 (REGISTER ONLINE)				
5:30 AQUA	7:30 HOT YIN YOGA 75 (REGISTER ONLINE)	5:30 AQUA				
5:30 CYCLE 60 (REGISTER ONLINE)		5:45 TABATA 45				
5:45 FIRE		6:15 POWER FLOW YOGA (REGISTER ONLINE)				
6:15 POWER YOGA (REGISTER ONLINE)						
7:30 YIN YOGA 75 (REGISTER ONLINE)						



REGISTER FOR SPIN AND YOGA CLASSES ONLINE

AT [WWW.OTTAWAATHLETICCLUB.COM](http://WWW.OTTAWAATHLETICCLUB.COM)

TUES. SEPT. 5TH - SUN. DEC. 17TH	FITNESS	AQUA	YOGA	SPIN
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