### Schedule of Group Fitness Classes

**St. Paul Gymnasium**

January 16–May 4; Spring 2018

<table>
<thead>
<tr>
<th>Day</th>
<th>7:00AM</th>
<th>11:00AM</th>
<th>12:00PM</th>
<th>5:00PM</th>
<th>6:15PM</th>
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</thead>
<tbody>
<tr>
<td><strong>SUN</strong></td>
<td><img src="GentleYogaImage" alt="Gentle Yoga" /></td>
<td><img src="BootCampImage" alt="Boot Camp" /></td>
<td><img src="ZumbaImage" alt="Zumba" /></td>
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<tr>
<td><strong>MON</strong></td>
<td><img src="GentleYogaImage" alt="Gentle Yoga" /></td>
<td><img src="BootCampImage" alt="Boot Camp" /></td>
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<td><strong>TUES</strong></td>
<td><img src="YogaFlowImage" alt="Yoga Flow" /></td>
<td><img src="WaterAerobicsImage" alt="Water Aerobics" /></td>
<td><img src="PilatesImage" alt="Pilates" /></td>
<td><img src="CycleExpressImage" alt="Cycle Express" /></td>
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<tr>
<td><strong>WED</strong></td>
<td><img src="KundaliniYogaImage" alt="Kundalini Yoga" /></td>
<td><img src="HIITImage" alt="HIIT" /></td>
<td><img src="CycleExpressImage" alt="Cycle Express" /></td>
<td><img src="TotalBodyStrengthImage" alt="Total Body Strength" /></td>
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<td><strong>THUR</strong></td>
<td><img src="PilatesImage" alt="Pilates" /></td>
<td><img src="WaterAerobicsImage" alt="Water Aerobics" /></td>
<td><img src="HIITImage" alt="HIIT" /></td>
<td><img src="MatPilatesImage" alt="Mat Pilates" /></td>
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<td><strong>FRI</strong></td>
<td><img src="MatPilatesImage" alt="Mat Pilates" /></td>
<td><img src="TotalBodyStrengthImage" alt="Total Body Strength" /></td>
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<td><strong>SAT</strong></td>
<td><img src="ZumbaImage" alt="Zumba" /></td>
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</tbody>
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- **Gentle Yoga**: Stacey Studio
- **Boot Camp**: Sam Studio
- **Zumba**: Evgeniya Studio
- **Yoga Flow**: Stacey Studio
- **Water Aerobics**: Cassidy Pool
- **Pilates**: Ginny Studio
- **Cycle Express**: Maria Lower Multi
- **Kundalini Yoga**: Stacey Studio
- **HIIT**: Sam Studio
- **Total Body Strength**: Desyree Studio
- **Pilates**: Ginny Studio
- **Water Aerobics**: Cassidy Pool
- **HIIT**: Leeah Studio
- **Mat Pilates**: Leeah Studio
- **Zumba**: Deanne Studio

*Classes are held on first come, first serve basis
Schedule is subject to change during University Holidays and Closures
Consult a physician before starting any exercise
Please note that Express classes are 45 minutes