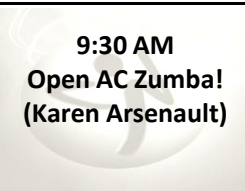
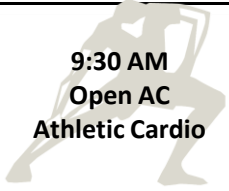
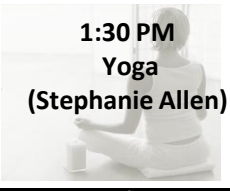
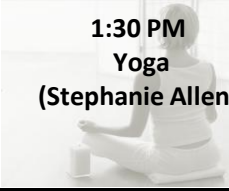
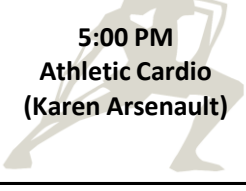
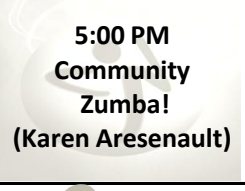
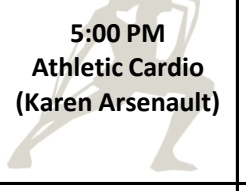
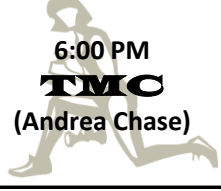
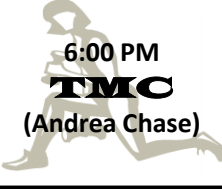
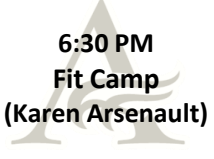

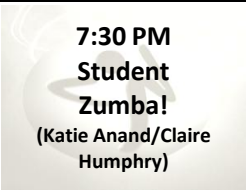
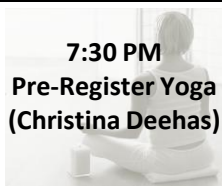


**2012 WINTER GROUP FITNESS SCHEDULE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	 <p><b>9:30 AM</b> Open AC Zumba! (Karen Arsenault)</p>			 <p><b>9:30 AM</b> Open AC Athletic Cardio</p>
 <p><b>1:30 PM</b> Yoga (Stephanie Allen)</p>				 <p><b>1:30 PM</b> Yoga (Stephanie Allen)</p>
 <p><b>5:00 PM</b> Athletic Cardio (Karen Arsenault)</p>	 <p><b>5:00 PM</b> Community Zumba! (Karen Arsenault)</p>	 <p><b>5:00 PM</b> Athletic Cardio (Karen Arsenault)</p>		
	 <p><b>6:00 PM</b> <b>TMC</b> (Andrea Chase)</p>		 <p><b>6:00 PM</b> <b>TMC</b> (Andrea Chase)</p>	
 <p><b>6:30 PM</b> Fit Camp (Karen Arsenault)</p>	<p><b>7:00 PM</b> <b>BODY ROCK</b> (Courtenay Lagacy)</p>	 <p><b>6:30 PM</b> Fit Camp (Karen Arsenault)</p>	<p><b>7:00 PM</b> <b>BODY ROCK</b> (Courtenay Lagacy)</p>	
 <p><b>7:30 PM</b> Student Zumba! (Katie Anand/Claire Humphry)</p>		 <p><b>7:30 PM</b> Pre-Register Yoga (Christina Deehas)</p>		

<http://athletics.mta.ca/>

Fitness Centre