

AEROCENTRE FITNESS VIRTUAL SCHEDULE



January 1 - March 31, 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Core Flow 6:50-7am <i>Amanda</i>	Upper Body Burn 6:50-7am <i>Paige</i>	Core Circuit 6:50-7am <i>Deb</i>	Lower Body Burn 6:50-7am <i>Lisa</i>	Core Flow 6:50-7am <i>Ann</i>
HIIT 7:10 - 7:40am <i>Amanda</i>	Cardio Sculpt 7:10 - 7:40am <i>Paige</i>	Strong 7:10 - 7:40am <i>Deb</i>	Yoga 7:10 - 7:40am <i>Lisa</i>	HIIT 7:10 - 7:40am <i>Ann</i>
Mobility Boost 7:50 - 8am <i>Amanda</i>	Mobility Boost 7:50 - 8am <i>Paige</i>	Mobility Boost 7:50 - 8am <i>Deb</i>	Core Flow 7:50 - 8am <i>Lisa</i>	Mobility Boost 7:50 - 8am <i>Ann</i>
Stretch: Legs & Wrists 11:30-11:45am <i>Caitlynn</i>	Stretch 11:30-11:45am <i>Amanda</i>	Stretch: Neck & Shoulder 11:30-11:45am <i>Amanda</i>	Stretch 11:30-11:45am <i>Lisa</i>	Stretch: Back & Posture 11:30-11:45am <i>Maria</i>
Core Circuit 11:50am-12pm <i>Caitlynn</i>	Lower Body Burn 11:50am-12pm <i>Amanda</i>	Core Flow 11:50am-12pm <i>Amanda</i>	Upper Body Burn 11:50am-12pm <i>Lisa</i>	Core Circuit 11:50am-12pm <i>Maria</i>
Cardio Sculpt 12:10-12:40pm <i>Brenda</i>	Cardio Boxing 12:10-12:40pm <i>Amanda</i>	HIIT 12:10-12:40pm <i>Brenda</i>	Cardio Sculpt 12:10-12:40pm <i>Lisa</i>	Strong 12:10-12:40pm <i>Maria</i>
Calm: Breath 1:30-1:40pm <i>Mat</i>		Calm: Visualize 1:30-1:40pm <i>Mat</i>		Quick Calm 1:30-1:40pm <i>Mat</i>
Stretch 1:50-2pm <i>Caitlynn</i>	Stretch 1:50-2pm <i>Ann</i>	Stretch 1:50-2pm <i>Caitlynn</i>	Stretch 1:50-2pm <i>Amanda</i>	Stretch 1:50-2pm <i>Paige</i>
Strong 2:10-2:40pm <i>Caitlynn</i>		Zumba 2:10-2:40pm <i>Caitlynn</i>	<i>view descriptions online at aerocentrefitness.ca</i>	
Core Flow 6:45pm-6:55pm <i>Trinh</i>		Yoga Fusion 4:30-5:15pm <i>Trinh</i>		
Yoga 7-7:45pm <i>Trinh</i>				

- Mindfulness
- 30 minute class
- 10 minute class
- 45 minute class
- 15 minute class

Register and join classes via the Aerocentre Fitness Member Portal.

All sessions stream on Zoom. The passcode to join is virtual.

aerocentrefitness.ca/virtualclasses