

# AEROCENTRE FITNESS VIRTUAL SCHEDULE



April 1 - June 27, 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Core Flow</b> 6:55-7:05am <i>Amanda</i>	<b>Upper Body Burn</b> 6:55-7:05am <i>Paige</i>	<b>Core Circuit</b> 6:55-7:05am <i>Deb</i>	<b>Lower Body Burn</b> 6:55-7:05am <i>Lisa</i>	<b>Core Flow</b> 6:55-7:05am <i>Ann</i>
<b>HIIT</b> 7:10 - 7:40am <i>Amanda</i>	<b>Cardio Sculpt</b> 7:10 - 7:40am <i>Paige</i>	<b>Strong</b> 7:10 - 7:40am <i>Deb</i>	<b>Yoga</b> 7:10 - 7:40am <i>Lisa</i>	<b>HIIT</b> 7:10 - 7:40am <i>Ann</i>
<b>Mobility Boost</b> 7:45 - 7:55am <i>Amanda</i>	<b>Mobility Boost</b> 7:45 - 7:55am <i>Paige</i>	<b>Mobility Boost</b> 7:45 - 7:55am <i>Deb</i>	<b>Core Flow</b> 7:45 - 7:55am <i>Lisa</i>	<b>Mobility Boost</b> 7:45 - 7:55am <i>Ann</i>
<b>Stretch: Legs &amp; Wrists</b> 11:30-11:45am <i>Caitlynn</i>	<b>Stretch</b> 11:30-11:45am <i>Amanda</i>	<b>Stretch: Neck &amp; Shoulder</b> 11:30-11:45am <i>Amanda</i>	<b>Stretch</b> 11:30-11:45am <i>Lisa</i>	<b>Stretch: Back &amp; Posture</b> 11:30-11:45am <i>Maria</i>
<b>Core Circuit</b> 11:50am-12pm <i>Caitlynn</i>	<b>Lower Body Burn</b> 11:50am-12pm <i>Amanda</i>	<b>Core Flow</b> 11:50am-12pm <i>Amanda</i>	<b>Upper Body Burn</b> 11:50am-12pm <i>Lisa</i>	<b>Core Circuit</b> 11:50am-12pm <i>Maria</i>
<b>Cardio Sculpt</b> 12:10-12:40pm <i>Brenda</i>	<b>Cardio Boxing</b> 12:10-12:40pm <i>Amanda</i>	<b>HIIT</b> 12:10-12:40pm <i>Brenda</i>	<b>Cardio Sculpt</b> 12:10-12:40pm <i>Lisa</i>	<b>Strong</b> 12:10-12:40pm <i>Maria</i>
<b>Calm: Breath</b> 1:30-1:40pm <i>Mat</i>		<b>Calm: Visualize</b> 1:30-1:40pm <i>Mat</i>		<b>Quick Calm</b> 1:30-1:40pm <i>Mat</i>
<b>Stretch</b> 1:50-2pm <i>Caitlynn</i>	<b>Stretch</b> 1:50-2pm <i>Ann</i>	<b>Stretch</b> 1:50-2pm <i>Caitlynn</i>	<b>Stretch</b> 1:50-2pm <i>Amanda</i>	<b>Stretch</b> 1:50-2pm <i>Paige</i>
<b>Strong</b> 2:10-2:40pm <i>Caitlynn</i>		<b>Zumba</b> 2:10-2:40pm <i>Caitlynn</i>	<i>view descriptions online at <a href="https://aerocentrefitness.ca">aerocentrefitness.ca</a></i>	
<b>Core Flow</b> 6:45pm-6:55pm <i>Trinh</i>		<b>Yoga Fusion</b> 4:30-5:15pm <i>Trinh</i>		
<b>Yoga</b> 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](https://aerocentrefitness.ca/virtualclasses)