Program Schedule

SMUfit

Sept 17-23 2018

Monday

Com. Rm.	Studio A	Studio B	Studio C
Total Body HIIT 6:05-6:50 Bobi			Spin 6:15-7:15 Bill
Classic Cardio 9:30-10:30 Zena	Pilates Mat Int* Jackie 9:30-10:25 Start today	Yoga Ref* 10-10:55 Ocean Start today	
Rental 10:30 - 11	Pilates Mat Int/Adv* 10:30-11:25 Start today		
Body Sculpt 12:05-12:55 Zena		Pilates Eq Ess*Elspeth 12-12:55 Start today	
NEW Dropin Pickleball 2:15-4:15			
Group PT* 5:05-5:55 Sonja Start today	Dropin Yoga 5:05-5:55 Brian		Spin 5:15-6 Gilles
Heart for Life* 6-7:30 Zena	Zumba 6:30-7:30 Tina		
cleaning 7:30-8			
Cheer Club* 8-10:30	Dance Club* 8-10		* no registered classes October 8

Tuesday

Com. Rm.	Studio A	Studio B	Studio C
	*Sample our registered classes on Sept 18-21 at no charge (space permitting, these dates only)		
	Pilates Mat Int/Adv* 9-9:55 Jaci sample today	Pilates Eq Ess* Ocean 9:30-10:25 sample today	
Body Sculpt 9:30-10:30 Zena	Pilates Mat Ess Senior* 10:30-11:25 sample today		
Rental 10:30 - 11			
			Spin 12:10-12:50 Hannah
Tabata 12:30-1:15 Sonja		Pilates Eq Int* Ocean 12:30-1:25 sample today	
Dropin Basketball 4:30-5:55			Spin 5:15-6 Sandra
	Classic Cardio 5:30-6:30 Adele		
Karate Club* 6-8	Strong by Zumba 6:45-7:45 Tina		
Group PT* 8-8:55 Erin NEW sample today			
cleaning 9-10	Dance Club* 8-10		

Wednesday

Com. Rm.	Studio A	Studio B	Studio C
	*Sample our registered classes on Sept 18-21 at no charge (space permitting, these dates only)		Spin 6:15-7:15 Stephanie
Group PT* 7-7:55 Erin NEW sample today			
Vball rental 7-8:30	Core Str.* 8:45-9:40 Ocean sample today	Pilates Eq Int* Jackie 9-9:55 sample today	
Cardio Mix 9:30-10:30 Zena	Yoga Flow* 9:45-10:40 Ocean sample today		
Rental 10:30 - 11			
		Pilates Eq Ess* Susan 11:30-12:25 sample today	
Bootcamp 12:05-12:55 Sabrina		Pilates Eq Int* Susan 12:30-1:25 sample today	
Pickleball Prep* NEW 2-3 Susan sample today			
Pickleball 3-4:45			
Group PT* 5:05-5:55 Sonja sample today	Yoga Flow* 5-5:55 Stefanie W sample today		Spin 5:15-6 Tammy
Heart for Life* 6-7:30 Mikaela	Body Sculpt 6:05-6:55 Jeannie sub	Pilates Eq Int* Elspeth 5:30-6:25 sample today	
cleaning 7:30-8	Zumba 7-7:55 Tina		
Cheer Club* 8-10			

Thursday

Com. Rm.	Studio A	Studio B	Studio C
Total Body HIIT 6:05-6:50 Bobi	*Sample our registered classes on Sept 18-21 at no charge (space permitting, these dates only)		
		Pilates Eq Int* Jackie 9-9:55 sample today	
	NEW FascialFit* 9:30-10:25 sample today		
Rental 10:30 - 11	Pilates Mat Ess* Ocean 10:30-11:25 sample today		
Classic Cardio 12:05-12:40 Sonja			Spin 12:10-12:50 Leanna
	rental 2-4		
Dropin Yoga 5:05-5:55 Sara		Pilates Eq Ess* Elspeth 5:15-6:10 sample today	Spin 5:15-6 Tammy
	Barre* 5:30-6:25 Kaycie sample today		
Karate Club* 6-8	Pound 6:30-7:15 Kaycie		
Group PT* 8-8:55 Erin NEW sample today			
	rental 8-10		
cleaning 9-10			

Friday

Com. Rm.	St. A	St. B	St. C
	*Sample our registered classes on Sept 18-21 at no charge (space permitting, these dates only)		Spin 6:15-7:15 Bill
Group PT* 7-7:55 NEW Erin sample today		Pilates Eq Int* NEW 9-9:55 Ocea sample today	
Body Sculpt 9:30-10:30 Zena	Yoga Flow* 10-10:55 Ocean sample today		
Rental 10:30 - 11			
Bootcamp 12:05-12:55 Rick			
rental (MBA) 1:30-3:30	rental 1-2		
NEW Dropin Pickleball 3:30-5	Dropin Yoga 4-4:50 Sonja		
	rental 5-6		
ClassicCardio 5:30-6:30 Taya			
	Dance Club* 6-8		
cleaning 8-9			

Saturday

Com. Rm.	St. A	St. B	St. C
			Spin 8:30-9:30 Doug
	Pilates Mat Int* 9-9:55 Susan		
Group PT* 9:30-10:25 Sonja	Zumba 10-10:55 Tina	Bounce Pilates* 10-10:55 Susan	
		Pilates Eq Ess* 11-11:55 Susan	
cleaning 6-7			
			* no registered classes October 6

Sunday

Com. Rm.	St. A	St. B	St. C
	Classic Cardio 10-11 Zena		
Fitness in Chinese* 4-4:55 Jason	Dropin Yoga 4-4:55 Stefanie B.		
Fitness in Chinese* 5-5:55 Jason			
Fitness in Chinese* 6-6:55 Jason			
			* no registered classes October 7

DROP-IN CLASS DESCRIPTIONS

Tabata/Total Body HIIT/Bootcamp: An action packed fitness class filled with High Intensity Interval Training designed to challenge your body, burn fat and build lean muscle.

Cardio Mix/Classic Cardio: Back to the basics with all the fun and fabulous music and moves that you love including the occasional Zumba flare.

More Core: A focus on core strengthening for an energy packed workout that will leave you feeling fit and functional.

Drop in Yoga: Introductory Yoga good for those who want flexibility and relaxation.

Body Sculpt: Abs, Legs and More with a new attitude - using tubing, weights, bars, balls, balance boards, and more.

Strong by Zumba: High intensity interval class — think burpees, pushups, and other high-impact moves — synced to specific music.

Zumba/Zumfit: Fun, effective, easy to follow, Latin-inspired, calorie burning dance fitness party!

Body Works: Fun filled class which challenges cardiovascular, strength and flexibility.

Pound: A cardio jam session inspired by the energizing and sweaty fun of playing the drums.

Spin: If you are new to spin, please arrive early to be sized for your bike.
Spin classes do not require bike reservation. Arrive early to secure your bike.
Ask for more details on registered classes.

Com. Rm.=Community Room
St. A=Studio A
St. B=Studio B
St. C=Studio C

Schedule Subject to Change- See front desk for up to date schedule
*requires registration and may have an additional class fee
^indicates Women's only classes
smu.ca/campus-life/smufit-programs-and-schedules

SMUfit