

Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
–	Cycling 6:15 – 7:00 am Sarah	–	Muscle Up 6:15 – 7:00 am Sarah	–	<p>Fitness classes are taught at a beginner level and modifications for intensity will be provided in each class.</p> <p>Classes are offered for Frost Fleming students and are offered at the Field House.</p> <p>Classes are not offered the week of March 5 – 9.</p> <p>*Instructors are subject to change.</p> <p>For more information, questions, or feedback please contact:</p> <p>Jennifer Bell Fitness and Lifestyle Coordinator Jennifer.Bell@flemingcollege.ca</p>	
Cycling 12:05 – 12:55 pm Sarah	–	–	Core & More 12:05 – 12:55 pm Sarah	–		
–	Zumba 4:00 – 5:00 pm Amarilis	–	–	–		
Yoga 4:15 – 5:10 pm J.P	–	–	Yoga 4:15 – 5:10 pm J.P	–		
Bootcamp 5:15 – 6:00 pm Ray	–	–	Muscle Up 5:15 – 6:00 pm Amarilis	–		