








NEW FITNESS GROUPS May 2018 dynamitepersonalfitness@gmail.com 902-877-2833

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:15am SPIN N SCULPT 30 spin 30 weight training 5:30pm Boot Camp OUTDOORS 6:45pm Core n Glutes 30 7:30pm Ride 50	2 11:00am Cardio E slide 30 11:30am Big Ball Sculpt 30 12:30pm Ride 50 5:30pm Women who Lift * NEW in fitness centre 7:30pm Ride 50 ** NEW	3 9:15am SPIN N SCULPT 30 spin 30 weight training 5:30pm Metabolic Fitness Walk outside ***50 6:45pm RIDE 45***NEW 7:30pm Core and Arms Sculpt **NEW	4 11:00am Metabolic Sculpt 11:30am Fitness Mix up cardio and weights 12:15pm 4 km walk	5 Drop ins \$15hr Drop ins \$10 30 minutes Sign up for discounted rate
6 BootCamp 9:30am HPCS 11:00am Metabolic E slide Sculpt Giant Steps French Village 1:15pm women who lift 2:30pm RIDE 30	7 ** NEW 11am Metabolic Fitness Walk 12:30pm Ride 50 5:30pm Ride 30 6:30pm Core n Glutes30 7:00pm Metabolic Circuit 7:30pm Ride 30	8 9:15am SPIN N SCULPT 30 spin 30 weight training 5:30pm Boot Camp OUTDOORS 6:45pm Core n Glutes 30 7:30pm Ride 50	9 11:00am Cardio E slide 30 11:30am Big Ball Sculpt 30 12:30pm Ride 50 5:30pm Women who Lift * NEW in fitness centre 7:30pm Ride 50 ** NEW	10 9:15am SPIN N SCULPT 30 spin 30 weight training 5:30pm Metabolic Fitness Walk outside ***50 6:45pm RIDE 45***NEW 7:30pm Core and Arms Sculpt **NEW	11 11:00am Metabolic Sculpt 11:30am Fitness Mix up cardio and weights 12:15pm 4 km walk	12 Classes at St Margaret's Centre Hammonds Plains School INDOOR CYCLING with stationary bikes
13 BootCamp 9:30am HPCS 11:00am Metabolic E slide Sculpt GSFV HAPPY MOTHERS DAY 	14 ** NEW 11am Metabolic Fitness Walk 12:30pm Ride 50 5:30pm Ride 30 6:30pm Core n Glutes30 7:00pm Metabolic Circuit 7:30pm Ride 30	15 9:15am SPIN N SCULPT 30 spin 30 weight training 5:30pm BootCamp OUTDOORS 6:45pm Core n Glutes 30 7:30pm Ride 50	16 11:00am Cardio E slide 30 11:30am Big Ball Sculpt 30 12:30pm Ride 50  Police Week demonstration NO evening classes	17 9:15am SPIN N SCULPT 30 spin 30 weight training 5:30pm Metabolic Fitness Walk outside ***50 6:45pm RIDE 45***NEW 7:30pm Core and Arms Sculpt **NEW	18 NO SCHOOL No CLASSES HAPPY LONG WEEKEND 	19 BLUENOSE WEEKEND 
20 BLUENOSE WEEKEND 	21 VICTORIA LONG WEEKEND 	22 9:15am SPIN N SCULPT 30 spin 30 weight training 5:30pm BootCamp OUTDOORS 6:45pm Core n Glutes 30 7:30pm Ride 50	23 11:00am Cardio E slide 30 11:30am Big Ball Sculpt 30 12:30pm Ride 50 5:30pm Women who Lift * NEW in fitness centre 7:30pm Ride 50 ** NEW	24 9:15am SPIN N SCULPT 30 spin 30 weight training 5:30pm Metabolic Fitness Walk outside ***50 6:45pm RIDE 45***NEW 7:30pm Core and Arms Sculpt **NEW	25 11:00am Metabolic Sculpt 11:30am Fitness Mix up cardio and weights 12:15pm 4 km walk	26 FITNESS KICKBOXING LEVEL 1 KICKBOXING COURSE 10-6pm
27 BootCamp 9:30am HPCS 11:00am Metabolic E slide Sculpt Giant Steps French Village Location 1:15pm women who lift 2:30pm RIDE 30	28 ** NEW 11am Metabolic Fitness Walk 12:30pm Ride 50 5:30pm Ride 30 6:30pm Core n Glutes30 7:00pm Metabolic Circuit 7:30pm Ride 30	29 9:15am SPIN N SCULPT 30 spin 30 weight training 5:30pm BootCamp OUTDOORS 6:45pm Core n Glutes 30 7:30pm Ride 50	30 11:00am Cardio E slide 30 11:30am Big Ball Sculpt 30 12:30pm Ride 50 5:30pm Women who Lift * NEW in fitness centre 7:30pm Ride 50 ** NEW	31 9:15am SPIN N SCULPT 30 spin 30 weight training 5:30pm Metabolic Fitness Walk outside ***50 6:45pm RIDE 45***NEW 7:30pm Core and Arms Sculpt **NEW	Sculpt = weights Circuit= stations as a group Interval = cardio & weights OR weights & body weight Ride= spin class Women who lift= fitness centre	Certified PTS FIS Yoga YogaFitKids Children Fitness Coach Schwin Certified PN 1 FKC12Master Trainer