











# SUMMER FITNESS August 2018 [dynamitepersonalfitness@gmail.com](mailto:dynamitepersonalfitness@gmail.com) 902-877-2833

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Sculpt = weights Circuit= stations as a group Core Yoga- yoga with core work Ride= spin class Weighted workout= fitness centre</p> <p><u>Schedule is subject to changes please Contact Charity ****</u></p>	<p>****Personal training sessions on sale all Summer long contact Charity</p> <p>Drop ins \$15-1hr Drop ins \$12- 30 minutes Sign up for discounted rate</p>		<p>1 11:00am Metabolic Circuit 11:30am Small Ball Core</p> <p>No evening classes</p>	<p>2 ** POP up workout = Metabolic Fitness Walk 8:45 am</p> <p>6:00pm Metabolic Fitness Walk outside 50</p>	<p>3 HAPPY LONG WEEKEND</p> 	<p>4 HAPPY LONG WEEKEND</p> 
<p>5 HAPPY LONG WEEKEND</p> 	<p>6 HAPPY LONG WEEKEND</p> 	<p>7 9:15 Metabolic Lift- fitness centre</p> <p>6:00pm BootCamp OUTDOORS 50 7:00pm Ride 45</p>	<p>8 Charity away no classes</p> 	<p>9 Charity away no classes</p> 	<p>10 Charity away no classes</p> 	<p>11 9:00am BOOTCAMP</p>
<p>12 THIS SUMMER... Classes at St Margaret's Centre INDOOR CYCLING with stationary bikes Inside and outside</p>	<p>13 ** POP up workout = Metabolic Fitness Walk 11am</p> <p>6:00pm Kickbox Circuit 50 7:00pm Core Yoga outside 45</p>	<p>14 no daytime class</p> <p>6:00pm BootCamp OUTDOORS 50 7:00pm Ride 45</p>	<p>15 11:00am Metabolic Circuit 11:30am Small Ball Core</p> <p>No evening classes</p>	<p>16 no daytime class</p> <p>6:00pm Metabolic Fitness Walk outside 50</p>	<p>17 11:00am Metabolic Sculpt 11:30am Small Ball Sculpt (gymnasium)</p>	<p>18 9:00am BOOTCAMP</p>
<p>19 NAVY 10 KM</p> 	<p>20 ** POP up workout = Metabolic Fitness Walk 11am</p> <p>6:00pm Kickbox Circuit 50 7:00pm Core Yoga outside 45</p>	<p>21 9:15 Metabolic Lift- fitness centre</p> <p>6:00pm BootCamp OUTDOORS 50 7:00pm Ride 45</p>	<p>22 11:00am Metabolic Circuit 11:30am Small Ball Core</p> <p>No evening classes</p>	<p>23 no daytime class</p> <p>6:00pm Metabolic Fitness Walk outside 50</p>	<p>24 11:00am Metabolic Sculpt 11:30am Small Ball Sculpt (gymnasium)</p>	<p>25 9:00am BOOTCAMP</p>
<p>26</p> 	<p>27 ** POP up workout = Metabolic Fitness Walk 10am</p> <p>6:00pm Kickbox Circuit 50 7:00pm Core Yoga outside 45</p>	<p>28 9:15 Metabolic Lift- fitness centre</p> <p>No evening classes</p>	<p>29 11:00am Metabolic Circuit 11:30am Small Ball Core</p> <p>No evening classes</p>	<p>30 no daytime class</p> <p>6:00pm Metabolic Fitness Walk outside 50</p>	<p>31 11:00am Metabolic Sculpt 11:30am Small Ball Sculpt (gymnasium)</p>	<p>Certified PTS FIS Yoga YogaFitKids Children Fitness Coach Schwin Certified PN 1 FKC12Master Trainer</p>