FIT IS WITHIN SIGHT

MEMBERS ONLY

NOTTAWASAGA RESORT

FITNESS SESSIONS

FULL BODY CIRCUIT • GENTLE STRETCH • BODY BLAST WORKOUT • CHAIR AEROBICS • AQUA FIT MUSCLE WORKS • MOVING MEDITATION • YOGA

CLASSES BEGIN SEPT 14

AVAILABLE TO MEMBERS ONLY
REGISTRATION IS NOT REQUIRED

705-435-5502

AUTUMN SESSIONS

RUNNING
FROM SEPTEMBER 14 TO DECEMBER 31, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Aqua Fit 8:30-9:15am		Aqua Fit 8:30-9:15am	Aqua Fit 8:30-9:15am	Aqua Fit 8:30-9:15am	
Yang-to-Yin Yoga 8:30-9:30am	Muscle Works 9:15-10:15am	Chair Aerobics 8:30-9:30am	Full Body Circuit 9:15-10:15am		Body Blast Workout 9:15-10:15am
Aqua Fit 9:45-10:30am		Aqua Fit 9:45-10:30am	Aqua Fit 9:45-10:30am		
	Yoga 10:30-11:30am		Gentle Stretch 10:30-11:30am		
			Moving Meditation 6:00-7:00pm		
Aqua Fit 7:00-7:45pm		Aqua Fit 7:00-7:45pm			

AVAILABLE TO MEMBERS ONLY

IF YOU HAVE ANY QUESTIONS
PLEASE CALL OR DROP BY THE SPORTS DESK

705-435-5502