



WEDNESDAYS Fitness Class



July 6	9:30 a.m. Zumba with Rhonda 10:30 a.m. Yoga with Lululemon
July 20	9:30 a.m. Socacize with Ayanna 10:30 a.m. Yoga with Lululemon
July 27	9:30 a.m. Pilates with Ingrid 10:30 a.m. Yoga with Lululemon
August 3	9:30 a.m. Bootcamp with Tyler & Paul 10:30 a.m. Yoga with Lululemon
August 10	9:30 a.m. Cardio Kick-Box with Stephanie 10:30 a.m. Yoga with Lululemon
August 17	9:30 a.m. Zumba with Sandra 10:30 a.m. Yoga with Lululemon
August 24	9:30 a.m. Dance Fit with Chandall 10:30 a.m. Yoga with Lululemon
August 31	9:30a.m. Total Body Toning with Heather 10:30 a.m. Yoga with Lululemon

MISSISSAUGA **CELEBRATION SQUARE**

300 City Centre Drive

SUNDAYS Parent & Baby/ Child Fitness Class



July 31	9:30 a.m. Fitness with Chandall 10:30 a.m. Yoga with Asha
August 7	9:30 a.m. Zumba with Chandall 10:30 a.m. Yoga with Wendy
August 14	9:30 a.m. Latin Fitness with Chandall 10:30 a.m. Yoga with Darlene
August 21	9:30 a.m. Fitness with Chandall 10:30 a.m. Yoga with Asha
August 28	9:30 a.m. Fitness 10:30 a.m. Yoga with Wendy

Classes suitable for children ages one month to 14 years.