



Presented By



Branch Event Schedules at a Glance

Time	St. Catharines	Niagara Falls	Niagara West	Niagara Centre	Fort Erie	Port Colborne
8:00	Bootcamp Walk	Cycle	Cycle	Cycle	Cycle Aqua Dance	Cycle Aquafit
9:00	Cycle (FULL) Walk Rowing	Cycle Aquafit (9:30)	Cycle Aqua Dance	Cycle	Cycle Zumba®	Cycle
10:00	Cycle (FULL) Walk Rowing	Cycle	Cycle STRONG by Zumba® (10:30)	Cycle	Cycle	Cycle
11:00	Cycle (FULL) Walk Rowing	Cycle	Cycle	Cycle	Cycle	Cycle
12:00	Cycle Walk Rowing	Cycle	Cycle	Aquafit		