

ExamFIT

Group Fitness Classes

40 minute ExpressFit Classes are available to all Brock students and Walker Sports Complex members at no additional fees. No sign-up necessary.

Monday	2	Tuesday	3	Wednesday	4	Thursday	5	Friday	6
		7:10am Spin Shannon				7:10am Spin Eric			
12:10pm Spin Kim				12:10pm Spin Eric				12:10pm Spin Kirsten	
12:10pm Total Body HIIT Angel		12:10pm Step Up! Kim				12:10pm Total Body HIIT Heather			
4:10pm HardCORE Kirsten				4:10pm Step Up! Angel					
5:10pm Spin Eric		5:10pm Spin Lauren				5:10pm Spin Megan			

Monday	9	Tuesday	10	Wednesday	11	Thursday	12	Friday	13
		7:10am Spin Hannah				7:10am Spin Kirsten			
12:10pm Spin Kim		12:10pm Step Up! Angel		12:10pm Spin Dhruv		12:10pm Total Body HIIT Heather		12:10pm Spin Lauren	
4:10pm Total Body HIIT Heather		5:10pm Spin Lauren		4:10pm Total Body HIIT Kirsten		5:10pm Spin Megan			

Monday	16	Tuesday	17	Wednesday	18
12:10pm Spin Kim		12:10pm Step Up! Angel		12:10pm Spin Kirsten	

ExpressFit Classes will resume
on January 6th, 2020

Classes are 40 minutes. No additional cost for Brock Students/Members.
Sign up for Aquatic Fitness Classes at the WSC Welcome Desk. All other classes are drop-in