



SPORT & REC
FITNESS & PERFORMANCE

GROUP FITNESS SCHEDULE

SPRING / SUMMER SCHEDULE • MAY 8 TO AUGUST 27, 2023

| | MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | |
|---------|--------------------------|-------|--------------------------|-------|------------------|----------|--------------------------|-------|
| 7:30 AM | IMPACT Training 💰 | GCSCC | IMPACT Training 💰 | GCSCC | Barre | GCFS | IMPACT Training 💰 | GCSCC |
| | | | Barre | GCFS | | | | |
| 4:30 PM | | | | | Yoga | GCFS | | |
| 5:00 PM | Studio HIIT | GCFS | | | | | Studio HIIT | GCFS |
| 5:15 PM | | | | | IMPACT Proud | ACWLZ | | |
| 6:00 PM | IMPACT Training 💰 | GCSCC | IMPACT Training 💰 | GCSCC | | | IMPACT Training 💰 | GCSCC |
| | Barre | GCFS | | | | | Cardio Dance Party | GCFS |
| 7:00 PM | Cardio Dance Party | GCFS | | | U of T Run Club* | UC Steps | Yoga | GCFS |

💰 **Registered programs
(requires paid pass)**
*Not an F&P program.

All workouts are 45 minutes.
IMPACT Training, IMPACT Proud, U of T Run Club are 60 minutes.
No group fitness workouts Friday to Sunday.

ACWLZ – Athletic Centre Weight Lifting Zone
GCFS – Goldring Centre Fitness Studio
GCSCC – Goldring Centre SCC
UC Steps – Meet at the steps of University College