

TEASER WEEK

January 3rd-8th

WINTER 2012 SCHEDULE

TUE	WED	THU	FRI	SAT	SUN
12:00-1:00pm AquaFit	10:00-11:00am Intervitality	9:00-10:00am 20/20/20			
1:30-2:30pm Cyclefit	12:00-1:00pm Cyclefit	12:00-1:00pm Aqua Bootcamp	10:00-11:00am Cyclefit	12:00-1:00pm Cyclefit	
4:00-5:00pm Cyclefit	4:30-5:30pm Zumba	1:30-2:30pm Cyclefit	10:00-11:00am Yoga Bootcamp	12:00-1:00pm Weekend Mix	
5:30-6:15pm Kickboxing	5:00-6:00pm Cyclefit	4:00-5:00pm Cyclefit	12:30-1:30pm Sculpt N' Burn		4:00-5:00pm Cyclefit
6:15-6:45pm Core	6:45-7:45pm Bootcamp	5:30-6:30pm Pilates	2:00-3:00pm Cyclefit		5:30-6:30pm Weekend Mix
8:00-9:00pm Power Yoga					

Studio 1
 Studio 2
 Cyclefit
 AC Pool
 AC Classroom

Contacts:

Claire Palvetzian
 Cyclefit & Personal Trainer
 Coordinator
 cpalvetzian@laurierathletics.com

Alexandra Rinaldo
 Wellness Coordinator
 arinaldo@laurierathletics.com

Jennifer O'Neill
 Coordinator, Programs
 joneill@wlu.ca

Key Dates:

Registration opens:
 January 2nd

Fall schedule:
 Starts: January 9th
 Ends: April 1st

Cyclefit & Wellness shoe tags will be required for participation as of January 16th

General Information:

Shoe Tags can be purchased online at:
www.laurierathletics.com/registration

Shoe tags can be picked up at the Hawk Desk



visit www.laurierathletics.com/recreation for more information