

291 Horseshoe Lake Drive
 (t) 902-453-1525
 (e) admin@zoomershealth.ca

www.zoomershealth.ca



Zoomers Club Z Fitness Class Schedule

(Updated April 2021)

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00am	FIT 2 (Laura)		FIT 3 (Laura)		FIT 2 (Shania)
9:15am				CORE 2 (Lindsey)	
10:00am	TAI CHI FLOW (Laura)				FLOW (Shania)
10:45 am	CORE 1 (Laura)				
12:00pm		FIT 1 (Shania)	FLOW (Maggie)	FIT 1 (Maggie)	
1:00pm		CORE 2 (Shania)			
6:30pm			FIT 2 (Maggie)		

All classes available virtually and in-studio simultaneously

Members may reserve up to 2 in-studio classes/week based on availability
 (In-studio pre-registrations done quarterly to create “bubbles” for each class)

Maximum 4 in-studio participants per Club Z class (exception: PEP Class max. is 5)