

WoW Class schedule: Time and location* for Winter 2012 (January 3 – April 29)

WoW Power Walking members may attend any number of classes at any location within the session paid, except classes introductory classes.

Make-up classes allowed only within the time frame of session for which you are registered.

IF YOU ARE DROPPING IN TO A CLASS YOU NORMALLY DON'T ATTEND, WE RECOMMEND CONTACTING YOUR COACH OR THE OFFICE TO ENSURE NO CHANGES HAVE BEEN MADE.

WEATHER CONCERNS? If you are concerned about weather or other unusual conditions that may mean a class cancellation, please check the blog on our website or call our office at 416 766 0774.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6-7am		Strength & Balance Oakville, Lakeside Park***		Strength & Balance Oakville, Lakeside Park***		
7-8:30am						WYBO HP 90 HILLS Oakville/Burlington, SBWF****
7:30-9am						WYBO HP 90 HILLS Toronto, Grenadier Park Café
8:30-9am						WYBO Fitness Introduction Oakville, Running Company
9:00-10:00AM		WYBO HP 60 Oakville, SBWF	WYBO Fitness 60 Oakville, Tim Horton's, MGV			
9:30-11am		WYBO HP 90 Toronto, Serena Grundy, SB			WYBO HP 90 HILLS Oakville/Burlington, SBWF****	WYBO HP Introduction (start Jan 7) Oakville, Timothy's
10-11:30AM						WYBO HP Introduction (start Jan 7) Toronto, Runners Shop
6:30-8pm		WYBO HP 90 Toronto, Timothy's @ Armadale	Strength & Balance (60 min) Toronto, High Park***	WYBO HP 90 Toronto, Runners Shop		
7-8pm		WYBO Fitness Intro (start Jan 9) Oakville, Timothy's downtown		WYBO Fitness Intro Oakville, Running Company		
7-8:30pm		WYBO HP 90 Oakville, Timothy's downtown		WYBO HP 90 Oakville, Timothy's downtown		

Session starts January 3 and ends April 29.

* Acronyms for locations as follows:

SBWF: Starbucks beside Whole Foods

MGV: MapleGrove Village

SB: Sunnybrook Park

***Strength and Balance to resume after March Break (Tues March 20, Wed March 21, Thurs March 22)

****Hills class location changes between Oakville and Burlington. Please check Oakville hills class location schedule. First class at SBWF.