

# Group Fitness Schedule

## April 1 - June 30, 2026

SCAN TO REGISTER FOR CLASSES:



■ Pool 
 ■ Cycle Studio 
 ■ Studio Upstairs 
 ■ Studio Downstairs

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Group Cycle</b> 6:15-7:00 am Joanna	<b>Circuit</b> 6:15 am Kevin R	<b>HIIT Express</b> 6:15-7:00 am Joanna	<b>Group Cycle</b> 6:15-7:00 am Kevin No class: Apr 2	<b>Group Cycle</b> 6:15-7:00 am Joanna  <b>Combat Express</b> 6:15 am Vadim	
<b>Cardio/Muscle</b> 9:00 am Wyatt  <b>Zumba</b> 10:00 am Caroline: Apr 5, 12, 26 May 10, 24, Jun 14, 21 Stephanie: Apr 19 May 3, 17, 31, Jun 7, 28	<b>Aquafit Combo</b> 8:30-9:15 am Alicia No class: May 18  <b>Circuit</b> 9:00-9:45 am Cari Lidia: Apr 27, May 18, Jun 22  <b>Cardio/Core</b> 9:00 am Melanie  <b>Group Cycle</b> 9:10-9:55 am Cathy: Apr 6, 13, 20, 27 May 4, 11, 25 Jun 1, 22, 29 TBD: May 18, Jun 8, 15  <b>Aquafit Combo</b> 9:15-10:10 am Lindsey No class: May 18  <b>Yoga Flow</b> 10:00 am Susan R Priti: May 11	<b>Aquafit Deep</b> 8:30-9:15 am Kevin S  <b>Sculpt</b> 9:00 am Melanie  <b>Group Cycle</b> 9:10-9:55 am Amanda TBD: Apr 14  <b>Aquafit Shallow</b> 9:15-10:00 am Kevin S	<b>Circuit</b> 9:00-9:45 am Amanda Ashley B: Apr 15  <b>Group Cycle</b> 9:10-9:55 am Susan R: Apr 8, 22, May 6 TBD: Apr 1, 15, 29, May 13, 20, 27, Jun 3, 10, 17, 24  <b>ABC's</b> <b>Agility, Balance</b> <b>Coordination</b> 9:15-9:55 am Rachelle  <b>Aquafit Combo</b> 9:15-10:10 am Kevin: Apr 1, 15, 29, May 13, 27, Jun 10, 24 Alicia: Apr 8, 22, May 6, 20, Jun 3, 17	<b>Aquafit Deep</b> 8:30-9:15 am Max No class: Apr 2  <b>Cardio/Muscle</b> 9:00 am Amanda Ashley: Apr 16 No class: Apr 2  <b>Aquafit Shallow</b> 9:15-10:00 am Max No class: Apr 2	<b>Sculpt</b> 9:00 am Melanie  <b>Circuit</b> 9:00-9:45 am Wyatt  <b>Group Cycle</b> 9:10-9:55 am Amanda B  <b>Aquafit Combo</b> 9:15-10:10 am Susan P No class: Apr 3	<b>Interval Training</b> 9:00 am Wyatt  <b>Aquafit Combo</b> 9:15-10:00 am Averill TBD: May 9
<b>Yoga Flow</b> 11:00 am Rose Jennifer: Apr 5 Stephanie: Jun 7	<b>Group Cycle</b> 10:10-10:55 am Gord Cathy: Apr 6 TBD: Jun 15  <b>Circuit</b> 10:00-10:45 am Cari Lidia: Apr 27, May 18 Jun 22  <b>Strength &amp; Stretch</b> 11:00 am Jacquie Jennifer: Apr 6 Darlene: Jun 15	<b>TRX Intervals</b> 10:00 am Ashley B  <b>Zumba</b> 10:00 am Fermel  <b>Yin Yoga</b> 11:00 am Susan Rose: May 12  <b>NEW Mat Pilates</b> 11:00 pm Lara	<b>Sculpt</b> 10:00 am Melanie  <b>Group Cycle</b> 10:10-10:55 am Leanne  <b>Squat &amp; Step</b> 11:00 am Max	<b>TRX Intervals</b> 10:00 am Cari Ashley B: Apr 23, Jun 25 No class: Apr 2  <b>Zumba</b> 10:00 am Sheila Jose: Apr 16, 23, 30, May 7, 14 No class: Apr 2  <b>Group Cycle</b> 10:10-10:55 am Susan R No class: Apr 2  <b>Gentle Cycle</b> 11:00 am Susan R No class: Apr 2  <b>Mini Ball Mobility</b> <b>Stretch</b> 11:00 am Viktoriia No class: Apr 2	<b>H2O HITT</b> 10:15-11:00 am Kevin No class: Apr 3  <b>Yin Yoga</b> 10:00 am Susan R Stephanie: May 8  <b>Circuit</b> 10:00-10:45 am Wyatt  <b>Group Cycle</b> 10:10-10:55 am Max  <b>Yin Yoga</b> 11:00 am Susan R Stephanie: May 8	<b>Yoga Flow</b> 10:00 am Rose: Apr 18, May 2, 16, 30, Jun 13 Julia: Apr 11, 25, May 9, 23, Jun 6, 20 Priti: Apr 4  <b>Group Cycle</b> 10:10-10:55 am Raena Joanna: Apr 18, 25  <b>TRX Intervals</b> 11:00 am Wyatt  <b>Zumba</b> 11:00 am Apr 10-May 1 Johnson
<b>Sculpt</b> 12:00 pm Julia: Apr 12, 26 May 10, 24, Jun 7 Ashley B: Apr 5, 19 May 17, 31, Jun 14, 21, 28 Tracey: May 3  <b>Yin Yoga</b> 4:00 pm Jenny Abby: May 31, Jun 14, 21, 28 Stephanie: Jun 7	<b>ABC's</b> <b>Agility, Balance</b> <b>Coordination</b> 12:00 pm Lindsey No class: May 18  <b>Dance Fitness for</b> <b>Active Adults</b> 1:00 pm Viktoriia Fermel: Jun 29 (Zumba Gold)	<b>H2O HITT</b> 12:00-12:45 pm Lindsey  <b>Circuit</b> 4:15-5:00 pm Lidia/Asheley B	<b>Yoga Flow</b> 12:00 pm Andrea	<b>Strength &amp; Stretch</b> 12:00 pm Jacquie No class: Apr 2  <b>Dance Fitness for</b> <b>Active Adults</b> 1:00 pm Viktoriia No class: Apr 2	<b>Mat Pilates</b> 12:00 pm Alan	<b>Beginner Aerobic</b> <b>Kickboxing</b> 1:00-1:55 pm Vadim  <b>Advanced Aerobic</b> <b>Kickboxing</b> 2:00-2:55 pm Vadim  <b>Cardio/Muscle</b> 2:00 pm Ashley B
	<b>Zumba</b> 5:30 pm Caroline Stephanie: May 4, 18 Johnson Jun 8 No class: May 18  <b>Restorative Yoga</b> 6:30 pm TBD Lauren: Apr 6, 13 No class: May 18  <b>Cycle Strength</b> 7:00-8:15 pm Joanna No class: May 18	<b>TRX Intervals</b> 5:30 pm Jennifer  <b>Yin Yoga</b> 7:00 pm Evan  <b>Beginner Aerobic</b> <b>Kickboxing</b> 7:00-7:55 pm Vadim  <b>Advanced Aerobic</b> <b>Kickboxing</b> 8:00-8:55 pm Vadim	<b>Circuit</b> 5:00 pm Brenley  <b>Zumba</b> 6:00 pm Stephanie Caroline: Apr 8 No Class: Apr 1  <b>Yin Yoga</b> 7:00 pm Priti Stephanie: Apr 22, 29  <b>Cycle Strength</b> 7:00-8:15 pm Joanna	<b>Circuit</b> 4:30-5:15 pm Wyatt No class: Apr 2  <b>Cardio/Muscle</b> 5:30 pm Jennifer No class: Apr 2  <b>Yoga Flow</b> 7:00 pm Alery TBD: Apr 9 No class: Apr 2  <b>Group Cycle</b> <b>Themed Ride</b> 7:00 pm Raena TBD: Apr 23 No class: Apr 2		<b>Holiday Hours:</b>  <b>Wednesday, April 1</b> <b>Passover Day 1</b> 8:00 am-4:00 pm Daytime classes run as scheduled  <b>Thursday, April 2</b> <b>Passover Day 2</b> CLOSED - No Classes  <b>Friday, April 3</b> <b>Good Friday</b> CLOSED - No Classes  <b>Monday, May 18</b> <b>Victoria Day</b> 8:00 am-4:00 pm Daytime classes run as scheduled