



Group Fitness Schedule

January 1 - March 31, 2026

SCAN TO
REGISTER FOR
CLASSES:



■ Pool ■ Cycle Studio ■ Studio Upstairs ■ Studio Downstairs

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Group Cycle 6:15-7:00 am Joanna Lindsey: Jan 12, 19, 26 NO CLASS FEB 16	Circuit 6:15 am Kevin R	HIIT Express 6:15-7:00 am Joanna Jennifer: Jan 21 Cari: Jan 14, 28	Group Cycle 6:15-7:00 am Kevin	NEW Combat Express 6:15 am Vadim Group Cycle 6:15 am Joanna Kevin R: Feb 13	
Cardio/Muscle 9:00 am Wyatt Zumba 10:00 am Caroline: Jan 11, 25, Feb 8, 15, 22, Mar 8, 22, 29 Stephanie: Jan 4, 18, Feb 1, Mar 1, 15 Group Cycle 10:10 am Susan P	Cardio/Core 9:00 am Melanie Group Cycle 9:10-9:55 am Gord Susan R: Jan 19, 26 Amanda: Feb 2, 9 Yoga Flow 10:00 am Susan R Stephanie: Jan 12 Priti: Feb 2, 9 16, Mar 16, 23 Darlene: Jan 5	Aquafit Deep 8:30-9:15 am Kevin Sculpt 9:00 am Melanie Group Cycle 9:10-9:55 am Amanda Aquafit Shallow 9:15-10:00 am Kevin	Circuit 9:00-9:45 am Amanda ABC's Agility, Balance Coordination 9:15-9:55 am Rachelle Group Cycle 9:10-9:55 am Susan R Lindsey: Jan 7 TBD: Feb 4, 11, Mar 18 Mar 25 Lindsey Aquafit Shallow 9:15-10:10 am Sarah	Aquafit Deep 8:30-9:15 am Max Kevin: Jan 29, Mar 26 NO CLASS JAN 1 Aquafit Shallow 9:15-10:00 am Max Kevin: Jan 29, Mar 26 NO CLASS JAN 1 Cardio/Muscle 9:00 am Amanda	NEW Circuit 9:00-9:45 am Cari Ashley B: Jan 9, Feb 13 Wyatt: Feb 20, Mar 27 Aquafit Combo 9:15-10:10 am Kevin S. Susan P: Jan 2 Sculpt 9:00 am Melanie Group Cycle 9:10-9:55 am Amanda	Interval Training 9:00 am Wyatt Elham: Jan 3, 10 Aquafit Combo 9:15-10:00 am Averill TBD: Feb 7
Yoga Flow/Yin 11:00 am Rose	Group Cycle 10:10-10:55 am Gord Amanda: Jan 19, Feb 9 TBD: Jan 26, Feb 2 Circuit 10:00-10:45 am Cari Wyatt: Jan 5, 12 Jennifer: Feb 16, Mar 30 Strength & Stretch 11:00 am Jacquie Darlene: Jan 19 TBD: Jan 26 Lindsey: Feb 2, 9	TRX Intervals 10:00 am Ashley B Zumba 10:00 am Fermel Yin Yoga 11:00 am Susan R Larry: Jan 6 Priti: Feb 10, 17, Mar 17, 24 Stephanie: Feb 3 NEW TRX Intervals 11:00 am Ashley B	Sculpt 10:00 am Melanie Group Cycle 10:10-10:55 am Leanne Squat & Step 11:00 am Max Melanie: Mar 25	TRX Intervals 10:00 am Sylvia Wyatt: Jan 8, 15, 22 Zumba 10:00 am Sheila TBD: Feb 27, Mar 6, 13, 20 Group Cycle 10:10-10:55 am Ashley TBD: Mar 19, 26 Gentle Cycle 11:00-11:30 am Ashley TBD: Mar 19, 26 Gentle Flow 11:00 am Viktoriia NEW Begins Jan 24 Pilates Fusion 11:00-11:55 am Sylvia	Yin Yoga 10:00 am Susan R Priti: Jan 2 Rose: Feb 13 Stephanie: Jan 9, Mar 20, Mar 27 Larry: Feb 6 Group Cycle 10:10-10:55 am Max Alicia: Jan 2 TBD: Mar 27 Circuit 10:00-10:45 am Cari Ashley B: Jan 9, Feb 13 Wyatt: Feb 20, Mar 27 Yin Yoga 11:00 am Susan R Jan 2 Stephanie Larry: Feb 6, Mar 20 Rose: Jan 9, Feb 13, Mar 27	Yoga Flow 10:00 am Julia: Jan 3, 17, 31, Feb 21, Mar 7, 21 Rose: Jan 10, 24 Feb 7, 14, 28, Mar 14, 28 Group Cycle 10:10-10:55 am Raena TRX Intervals 11:00 am Wyatt Elham: Jan 3, 10
Sculpt 12:00 pm Julia: Jan 4, 18, Feb 1, 22 Mar 1, 15, 29 Ashley B: Jan 11, 25 Feb 8, 15, Mar 8, 22 Yin Yoga 4:00 pm Jenny	ABC's Agility, Balance Coordination 12:00 pm Lindsey Wyatt: Feb 2, 9 NO CLASS FEB 16 Dance Fitness for Active Adults 1:00 pm Viktoriia	H2O HITT 12:00-12:45 pm Lindsey	Yoga Flow 12:00 pm Andrea	Strength & Stretch 12:00 pm Jacquie TBD: Feb 5, 12 Susan R: Jan 22, 29 Dance Fitness for Active Adults 1:00 pm Viktoriia	H2O HITT 12:00-12:45 pm Susan P Mat Pilates 12:00 pm Alan	Cardio/Muscle 2:00 pm Ashley B
	Zumba 5:30 pm Caroline Anne: Jan 5 Feb 23: Jose NO CLASS FEB 16 Yoga Flow 6:30 pm Maria NO CLASS FEB 16 Cycle Strength 7:00-8:15 pm Joanna TBD: Jan 12, 19 Leanne: Jan 26 NO CLASS FEB 16	Circuit 4:15-5:00 pm Jennifer/Lidiia TRX Intervals 5:30 pm Jennifer Lindsey: Jan 28 Yin Yoga 7:00 pm Evan	Circuit 5:00 pm Elham: Jn 7, 14 Darlene: Jan 21, 28 TBD: Feb 4, Mar 4, 11, 18, 25 NEW Pilates Fusion 5:00 pm Sylvia: Feb 11, 18, 25 Zumba 6:00 pm Stephanie Johnson: Feb 11, 18, 25 Yoga Flow/Yin 7:00 pm Stephanie Sylvia: Feb 11, 18, 25 Cycle Strength 7:00-8:15 pm Joanna Leanna: Jan 14, 21, 28	Cardio/Muscle 5:30 pm Jennifer Yoga Flow 7:00 pm Alerry NEW GroupCycle 7:00-7:45 pm Raena	NEW Begins Jan 10 Cycle Stretch Express 5:00-5:45 pm Tracey Joanna: Jan 17, Mar 14 TBD: Feb 7	Holiday Hours: Wednesday, Jan 1 New Years Day 8:00 am-4:00 pm Monday, Feb 16 Louis Riel Day 8:00 am-4:00 pm