



# Group Fitness Schedule

## July 2 - August 31, 2026

■ Pool 
 ■ Cycle Studio 
 ■ Studio Upstairs 
 ■ Studio Downstairs 
 ■ Outdoor in the Garden

All classes 55 minutes unless otherwise stated

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	<b>Group Cycle</b> 6:15-7:00 am Joanna	
<b>Cardio/Muscle</b> 9:00 am Viktorria  <b>Zumba</b> 10:00 am Stephanie: Jul 5, 19, Aug 9, 16, 30 Caroline: Jul 12, 26, Aug 23 Tracey: Aug 2	<b>Aquafit Combo</b> <b>NEW TIME</b> 9:00-9:45 am Lindsey Alicia: Jul 6, 13 No class: Aug 3  <b>Cardio/Core</b> 9:00 am Melanie Lindsey: Jul 6, 13 Ashley B: Aug 17, 24  <b>Group Cycle</b> 9:10-9:55 am Gord TBD: Aug 3, 31	<b>Aquafit Combo</b> <b>NEW TIME</b> 9:00-9:45 am Kevin Susan P: Jul 14 TBD: Jul 21  <b>Sculpt</b> 9:00 am Melanie Sharon: Jul 7, Aug 18  <b>Group Cycle</b> 9:10-9:55 am Amanda	<b>Aquafit Combo</b> <b>NEW TIME</b> 9:00-9:45 am Alicia  <b>Circuit</b> 9:00-9:55 am Amanda  <b>Group Cycle</b> 9:10-9:55 am Susan R	<b>Aquafit Combo</b> <b>NEW TIME</b> 9:00-9:45 am Max Susan P: Aug 6, 13, 20  <b>Cardio/Muscle</b> 9:00 am Amanda  <b>Group Cycle</b> 9:10-9:55 am Susan P	<b>Aquafit Combo</b> <b>NEW TIME</b> 9:00-9:45 am Stacey Kevin: Jul 3  <b>Sculpt</b> 9:00 am Melanie Lindsey: Jul 10 TBD: Aug 21  <b>Group Cycle</b> 9:10-9:55 am Amanda	<b>Aquafit Combo</b> <b>NEW TIME</b> 9:00-9:45 am Fatemeh  <b>Interval Training</b> 9:00 am Max TBD: Aug 8, 15
<b>Yoga Flow/Yin</b> 11:00 am Rose Stephanie: Jul 5, 19, Aug 9, 30 Abby: Aug 2	<b>Circuit</b> 10:00-10:45 am TBD: Jul 6 Ashley B: Jul 20, Aug 17, 31  <b>Yoga Flow</b> 10:00 am Susan R  <b>Strength &amp; Stretch</b> 11:00 am Jacquie TBD: Aug 3	<b>Zumba</b> 10:00 am Fermel  <b>TRX Intervals</b> 10:00 am Ashley B  <b>Yin Yoga</b> 11:00 am Susan R	<b>Sculpt</b> 10:00 am Melanie Susan R: Jul 8 Jennifer: Aug 19  <b>Squat &amp; Step</b> 11:00 am Max Melanie: Aug 5, 12 TBD: Aug 19	<b>TRX Intervals</b> 10:00 am Cari Jennifer: Jul 23 Christine: Jul 9, Aug 20  <b>Zumba</b> 10:00 am Sheila  <b>Mini Ball Mobility Stretch</b> <b>NEW</b> 11:00 am Viktorria Nikki: Jul 2	<b>Circuit</b> 10:00-10:45 am Ashley B Nikki: Jul 17, 24  <b>Yin Yoga</b> 10:00 am Susan R No outdoors: Jul 31, Aug 7	<b>Yoga Flow</b> 10:00 am Rose: Jul 11, 25, Aug 15, 22 Julia: Jul 4, 18, Aug 1, 8, 29  <b>Group Cycle</b> 10:10-10:55 am Susan P: Jul 4, Aug 1, 8, 29 Tracey: Jul 11, Aug 15, 22 Jamie: Jul 18, 25  <b>Zumba</b> <b>NEW OUTDOOR</b> 11:00 am Fatemeh No class: Aug 1, 8
	<b>Mat Pilates</b> <b>NEW TIME</b> 12:00 pm Nikki Priti: Aug 17, 31 TBD: Aug 24  <b>Dance Fitness for Active Adults</b> 1:00 pm Viktorria		<b>Barre</b> <b>NEW TIME</b> 12:00 pm Sharon	<b>Strength &amp; Stretch</b> 12:00 pm Jacquie Lindsey: Jul 2 TBD: Aug 6  <b>Dance Fitness for Active Adults</b> 1:00 pm Viktorria Stephanie: Jul 2	<b>Mat Pilates</b> 12:00 pm Alan	<b>Beginner Aerobic Kickboxing</b> 1:00-1:55 pm Vadim No classes in August  <b>Advanced Aerobic Kickboxing</b> 8:00-8:55 pm Vadim No classes in August
	<b>Zumba</b> 5:30 pm Caroline Johnson: Jul 27 Jose: Aug 3  <b>Yoga Flow</b> 6:30 pm Andrea  <b>Cycle Strength</b> 7:00-8:15 pm Joanna	<b>TRX Intervals</b> 5:30 pm Liidia  <b>Beginner Aerobic Kickboxing</b> 7:00-7:55 pm Vadim No classes in August  <b>Yin Yoga</b> 7:00 pm Evan Stephanie: Jul 21, 28  <b>Advanced Aerobic Kickboxing</b> 8:00-8:55 pm Vadim No classes in August	<b>Circuit</b> 5:00 pm Ashley B  <b>Zumba</b> 6:00 pm Stephanie  <b>Cycle Strength</b> 7:00-8:15 pm Joanna  <b>Kauit Yoga</b> <b>NEW</b> 7:00 pm Larry	<b>Cardio/Muscle</b> 5:30 pm Ashley B: Jul 9, 23, 30, Aug 13, 27 Jennifer: Jul 2, 16, Aug 6, 20		<b>Holiday Hours:</b>  <b>Wednesday, July 1</b> <b>Canada Day</b> No Classes Specialty Classes Only  <b>Monday, Aug 3</b> <b>Civic Holiday</b> 8:00 a.m. - 4:00 p.m. Daytime classes  <b>Sunday, August 2 - Sunday, August 9</b> All Small Gym classes and All Evening Yoga classes cancelled due to Folklorama