



Group Fitness Schedule

September 1 - December 31, 2026

■ Pool ■ Cycle Studio ■ Studio Upstairs ■ Studio Downstairs

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Group Cycle 6:15-7:00 am Joanna No class: Sep 21, Oct 12	Circuit 6:15 am Kevin R	HIIT Express 6:15-7:00 am Joanna	Group Cycle 6:15-7:00 am Kevin	Group Cycle 6:15 am Joanna	
Cardio/Muscle 9:00 am Viktoriia No class: Sep 13 Zumba 10:00 am Stephanie: Sep 20, Oct 4, 18, 25, Nov 1, 15, 29, Dec 13, 20, 27 Caroline: Sep 27, Oct 11, Nov 8, 22, Dec 6 Jose: Sep 6 No class: Sep 13	AquaFit Deep 8:30-9:15 am Alicia No class: Sep 21, Oct 12 Cardio/Core 9:00 am Melanie No class: Sep 21 Circuit 9:00-9:45 am Cari No class: Sep 21 TBD: Sep 28, Nov 2, 30 Group Cycle 9:10-9:55 am Gord No class: Sep 21 TBD: Oct 12 AquaFit Shallow 9:15-10:00 am Lindsey No class: Sep 21, Oct 12	AquaFit Deep 8:30-9:15 am Mary Kevin: Sep 8, 15, 22 Sculpt 9:00 am Melanie Group Cycle 9:10-9:55 am Amanda AquaFit Shallow 9:15-10:00 am Mary Kevin: Sep 8, 15, 22	AquaFit Deep 8:30-9:15 am Kevin No class: Sep 30, Nov 11 Circuit 9:00-9:45 am Ashley B Amanda: Sep 9 Group Cycle 9:10-9:55 am Susan R TBD: Dec 23, 30 AquaFit Shallow 9:15-10:10 am Kevin No class: Sep 30, Nov 11 ABC's Agility, Balance Coordination 9:15-9:55 am Rachelle Amanda: Sep 2 TBD: Sep 9	AquaFit Deep 8:30-9:15 am Max TBD: Dec 24 Cardio/Muscle 9:00 am Christine Group Cycle 9:10-9:55 am Amanda AquaFit Shallow 9:15-10:00 am Max TBD: Dec 24	AquaFit Deep 8:30-9:15 am Stacey No class: Dec 25 Sculpt 9:00 am Melanie Circuit 9:00-9:45 am Ashley B Group Cycle 9:10-9:55 am Cathy TBD: Sep 4, Oct 9 AquaFit Combo 9:15-10:10 am Stacey No class: Dec 25	AquaFit Combo 9:15-10:00 am Averill No class: Sep 12, Dec 26 Nancy: Oct 10, 17, 24 Interval Training 9:00 am Max No class: Sep 12, Dec 26
Yoga Flow/Yin 11:00 am Rose	Yoga Flow 10:00 am Susan R TBD: Dec 21, 28 No class: Sep 21 Circuit 10:00-10:45 am Cari No class: Sep 21 TBD: Sep 28, Nov 2, 30 Group Cycle 10:10-10:55 am Gord No class: Sep 21 TBD: Oct 12 Strength & Stretch 11:00 am Jacquie No class: Sep 21 TBD: Oct 12	TRX Intervals 10:00 am Ashley B TBD: Sep 1 Zumba 10:00 am Fermel Yin Yoga 11:00 am Susan R TBD: Dec 22, 29 NEW Starts Sep 29 Yoga Flow 12:00 pm Priti	Group Cycle 10:10-10:55 am Cathy Susan R: Sep 2 TBD: Oct 7 Sculpt 10:00 am Melanie Squat & Step 11:00 am Max	TRX Intervals 10:00 am Cari TBD: Sep 17, 24, Oct 1, Nov 26, Dec 24 Zumba 10:00 am Sheila Mini Ball Mobility Stretch 11:00 am Viktoriia	Yin Yoga 10:00 am Susan R Priti: Sep 18 Circuit 10:00-10:45 am Ashley B Group Cycle 10:10-10:55 am Max Yin Yoga 11:00 am Susan R Priti: Sep 18	Yoga Flow 10:00 am Julia: Sep 5, 26, Oct 24, 31, Nov 14,28, Dec 12 Rose: Sep 19, Oct 3, 10, 17, Nov 7, 21, Dec 5, 19 No class: Sep 12, Dec 26 Group Cycle 10:10-10:55 am Cathy: Sep 5, Oct 3, 17, 31, Nov 14, 21 Tracey: Sep 26, Oct 24, Nov 28, Dec 19 Jamie: Oct 10, Nov 7, Dec 5, 12 No class: Sep 12, Dec 26 TBD: Sep 19 Zumba 11:00 am Johnson Anne: Oct 24, 31 No class: Sep 12, Dec 26
Sculpt 12:00 pm Julia: TBD: Sep 20, Oct 11 Yin Yoga 4:00 pm Stacey: Sep 6, 27, Oct 11, Nov 8, 22, Dec 20, 27 Abby: Oct 4, 18, 25, Nov 1, 15, 29, Dec 6, 13 No class: Sep 13, 20	Mat Pilates 12:00-12:40 pm Nikki No class: Sep 21 Dance Fitness for Active Aging 1:00 pm Viktoriia No class: Sep 21	H2O HITT 12:00-12:45 pm Lindsey Circuit 4:15 pm Jennifer L Liddia: Sep 1	Mat Pilates SEP ONLY 12:00 pm Lara Sharon: Sep 2, 9, 16, 23, 30	Strength & Stretch 12:00 pm Jacquie Dance Fitness for Active Aging 1:00 pm Viktoriia	Mat Pilates 12:00 pm Lara	
	Zumba 5:30 pm Caroline No class: Sep 21, Oct 12 Johnson: Dec 21 TBD: Oct 19, 26, Dec 28 Yoga Flow 6:30 pm Andrea No class: Sep 21, Oct 12 Cycle Strength 7:00-8:15 pm Joanna No class: Sep 21, Oct 12	Upper Body Sculpt 5:30 pm Christine Yin Yoga 7:00 pm Evan	Circuit 5:30 pm Maddox Zumba 6:00 pm Stephanie Kauit Yoga 7:00 pm Larry Cycle Strength 7:00-8:15 pm Joanna	Lower Body Sculpt 5:30 pm Christine Yoga Flow 7:00 pm Alerry	HOLIDAY HOURS: Mon, Sep 7: Labour Day 8:00 am-4:00 pm: Daytime classes Fri, Sep 11: Erev Rosh Hashanah 6:00 am-4:00 pm: Daytime classes Sat, Sep 12: Rosh Hashana Day 1 CLOSED: No Classes Sun, Sep 13: Rosh Hashana Day 2 CLOSED: No Classes Sun, Sep 20: Erev Yom Kippur 8:00 am-3:00 pm: Daytime classes Mon, Sep 21: Yom Kippur CLOSED: No Classes Wed, Sep 30: Truth & Reconciliation Day 8:00 am-4:00 pm: Daytime classes Mon, Oct 12: Thanksgiving Day 8:00 am-4:00 pm: Daytime classes Wed, Nov 11: Remembrance Day 1:00 pm-10:00 pm: Evening classes Thur, Dec 24: Christmas Eve 6:00 am-4:00 pm: Daytime classes Wed, Dec 25: Christmas Day 8:00 am-4:00 pm: No regular classes Sat, Dec 26: Boxing Day 8:00 am-4:00 pm: Daytime classes Thu, Dec 31: New Years Day 6:00 am-4:00 pm: Daytime classes	