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 **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	**Aquafit Deep** 8:30-9:15 am Alicia **No class:** Oct 12 **Cardio/Core** 9:00 am Melanie **Circuit** 9:00-9:45 am Cari **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 **TBD:** Sep 28, Nov 2, 30 **Group Cycle** 10:10-10:55 am Gord **TBD:** Oct 12 **Strength & Stretch** 11:00 am Jacquie **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*** **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:** 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	**Mat Pilates** 12:00-12:40 pm Nikki **Dance Fitness for Active Aging** 1:00 pm Viktoriia	**H20 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:** Oct 12 **Cycle Strength** 7:00-8:15 pm Joanna **No class:** 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:** **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 **Fri, 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	