



Group Fitness Schedule

January 1 - March 31, 2025

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 TBD: Jan 27	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 Cari: Jan 24, Feb 7 TBD: Feb 28	
Cardio/Muscle 9:00 am Lindsey Zumba 10:00 am Caroline: Jan 12, 26, Feb 9, 16, Mar 2, 16 Stephanie: Jan 5, 19, Feb 2, 23, Mar 9, 23, 30	Aquafit Combo 9:15-10:10 am Lindsey Averill: Feb 17 Cardio/Core 9:00 am Melanie Group Cycle 9:10-9:55 am Gord Amanda: Feb 24, Mar 3, 10 17 TBD: Mar 31 Yoga Flow 10:00 am Susan Rose: Jan 6, Feb 3, 10, Mar 17, 24	Aquafit Deep 8:30-9:15 am Mary Sculpt 9:00 am Melanie Group Cycle 9:10-9:55 am Amanda Aquafit Shallow 9:15-10:00 am Mary	Circuit 9:00-9:45 am Amanda ABC's Agility, Balance Coordination 9:15-9:55 am Rachele Group Cycle 9:10-9:55 am Susan R TBD: Jan 8, Feb 5, 12, Mar 12, 19, 26 Aquafit Combo 9:15-10:10 am Kevin	Aquafit Deep 8:30-9:15 am Max Kevin: Jan 2 Aquafit Shallow 9:15-10:00 am Max Kevin: Jan 2 Cardio/Muscle 9:00 am Amanda	Aquafit Combo 9:15-10:10 am Susan P Sculpt 9:00 am Melanie Group Cycle 9:10-9:55 am Amanda	Interval Training 9:00 am Elham Brenley: Jan 25 Wyatt: Feb 22 Aquafit Combo 9:15-10:00 am Averill Susan P: Jan 25
Yoga Flow/Yin 11:00 am Rose	Group Cycle 10:10-10:55 am Gord Amanda: Feb 24, Mar 10 TBD: Mar 3, 17, 31 Circuit 10:00-10:45 am Wyatt: Jan 13, Feb 17 Mar 31 Strength & Stretch 11:00 am Jacquie TBD: Feb 24, Mar 3, 10, 17	TRX Intervals 10:00 am Cari TBD: Jan 14, Feb 18 Zumba 10:00 am Fermel Yin Yoga 11:00 am Susan R Rosa: Jan 7, Feb 4, 11, Mar 18, 25	Sculpt 10:00 am Melanie Group Cycle 10:10-10:55 am Morrissa Squat & Step 11:00 am Max	TRX Intervals 10:00 am Morrissa Zumba 10:00 am Sheila TBD: Feb 27, Mar 6, 13, 20 Group Cycle 10:10-10:55 am Ashley Leanne: Jan 2, 30, Feb 6, Mar 27 Gentle Flow 11:00 am Viktoriia	Yin Yoga 10:00 am Susan Andrea: Jan 3, 10, Mar 14, 21, 28 Rose: Feb 7, 14 Circuit 10:00-10:45 am Cari Lindsey: Jan 10, 17, Mar 28 Group Cycle 10:10-10:55 am Max H2O HITT 10:15-11:00 am Susan P Yin Yoga 11:00 am Susan R Andrea: Jan 3, 10, Mar 14, 21, 28 Rose: Feb 7, 14	Yoga Flow 10:00 am Julia: Jan 4, 18, Mar 1, 15, 29 Rose: Jan 11, 25, Feb 8, 22, Mar 8, 22 TBD: Feb 1, 15 Group Cycle 10:10-10:55 am Susan P TRX Intervals 11:00 am Elham Brenley: Jan 25 Wyatt: Feb 22
Sculpt 12:00 am Julia: Jan 5, 19, Mar 2, 16, 30 Lindsey: Jan 12, 26 Feb 2, 9, 16, 23, Mar 9, 23 Yin Yoga 4:00 pm Jenny	ABC's Agility, Balance Coordination 12:00 pm Lindsey No class: Feb 17	H2O HITT 12:00-12:45 pm Lindsey	Yoga Flow 12:00 pm Andrea	Strength & Stretch 12:00 pm Jacquie TBD: Feb 27, Mar 6, 13	Mat Pilates 12:00 pm Alan	Cardio/Muscle 2:00 pm Elham Brenley: Jan 25 Wyatt: Feb 22
	Zumba 5:30 pm Caroline Viktoriia: Mar 24 NEW TIME Yoga-Lates 6:30 pm Maria Cycle Strength 7:00-8:15 pm Joanna TBD: Jan 27 Power Flow 7:30 pm Maria H2O HITT 8:15-9:00 pm Averill Danielle: Jan 20, 27, Mar 17	TRX Intervals 5:30 pm Elham Lindsey: Jan 28 Yin Yoga 7:00 pm Evan	Circuit 5:00 pm Wyatt Zumba 6:00 pm Stephanie TBD: Feb 13 Yoga Flow/Yin 7:00 pm Stephanie TBD: Feb 13 Cycle Strength 7:00-8:15 pm Joanna	Cardio/Muscle 5:30 pm Julia: Jan 9, 23, Feb 6, Mar 6, 20 Wyatt: Jan 2, 16, 30 Feb 13, 20, 27, Mar 13, 27 Yoga Flow 7:00 pm Maria	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 Specialty classes only Monday, Feb 17 Louis Riel Day 8:00 am-4:00 pm Daytime classes run as regularly scheduled