



Group Fitness Schedule – June 29<sup>th</sup> to Aug 2<sup>nd</sup>

Stat Holidays: July 1<sup>st</sup>, August 4<sup>th</sup>, September 1<sup>st</sup> (No Classes, Pool or Programs)  
Updated July 13<sup>th</sup> 2025

**Room Guide:** (G) Gymnasium · (CS) Cycle Studio · (FS) Fitness Studio · (MP) Multi-Purpose Room 2/3 · (P) Pool · (FF) Fitness Floor

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning/Afternoon - Open to 4:00pm						
<b>Cycle</b> (CS) 6:15am – 7:15am	<b>Strength</b> (G) 6:15am – 7:00am	<b>Cycle</b> (CS) 6:15am – 7:15am	<b>Sweat</b> (G) 6:15am – 7:00am	<b>Cycle</b> (CS) 6:15am – 7:15am		
<b>Aquafit</b> (P) 8:00am – 9:00am	<b>Aquafit</b> (P) 8:00am – 8:45am	<b>Aquafit</b> (P) 8:00am – 9:00am	<b>Aquafit</b> (P) 8:00am – 8:45am	<b>Aquafit</b> (P) 8:00am – 9:00am		
	<b>Strength &amp; Balance Express</b> (MP) 8:30am – 9:15am		<b>Strength &amp; Balance Express</b> (MP) 8:00am – 8:45am		<b>Aquafit</b> (P) 9:00am – 9:45am	
<b>Hatha Yoga</b> (FS) 9:15am – 10:15am	<b>Step &amp; Strength</b> (FS) 9:15am – 10:15am	<b>Dance</b> (FS) 9:15am – 10:15am	<b>Step</b> (FS) 9:15am – 10:15am	<b>Y Strength Pilot</b> (FS) 9:15am – 10:15am	<b>Step</b> (FS) 9:15am – 10:15am	
<b>Strength</b> (G) 9:15am - 10:15am		<b>Sweat</b> (G) Returning in August		<b>Sweat</b> (G) 9:15am – 10:15am		
<b>Cycle</b> (CS) 9:15am – 10:15am		<b>Cycle</b> (CS) 9:15am – 10:15am	<b>Cycle</b> (CS) 9:15am – 10:15am		<b>Cycle</b> (CS) 9:15am – 10:15am	<b>Cycle</b> (CS) 9:15am – 10:15am
			<b>Chair Yoga</b> (MP) 9:30am – 10:15am			<b>Pre-Teen Orientation</b> (FF) 9:30am – 10:00am
<b>Adult Water Walking</b> (P) 10:00am – 10:30am	<b>Aquafit</b> (P) 10:00am – 10:45am	<b>Hatha Yoga</b> (FS) 10:45am – 11:45am	<b>Gentle Aquafit</b> (P) 10:00am – 10:30am			<b>Teen Orientation</b> (FF) 10:00am – 11:00am
<b>Gentle Cardio</b> (G) 10:45am – 11:30am	<b>Strength Express</b> (FS) 10:45am - 11:30am	<b>Gentle Cardio</b> (G) 10:45am – 11:30am	<b>Strength Express</b> (FS) 10:45am - 11:30am	<b>Gentle Cardio</b> (G) Returning in September	<b>Dance</b> (FS) 10:45am – 11:45am	<b>Restorative Yoga</b> (FS) 10:00am – 11:15am
<b>Stretch</b> (FS) 11:45am – 12:30pm	<b>Adult Walking</b> (G) 11:00am – 11:30am		<b>Adult Walking</b> (G) 11:00am – 11:30am	<b>Stretch</b> (FS) 11:45am – 12:30pm		
<b>Gentle Cardio &amp; Tone</b> (MP) 12:00pm – 1:00pm	<b>Gentle Basics</b> (MP) 11:30am – 12:30pm	<b>Strength &amp; Balance Express</b> (MP) 12:00pm – 12:45pm	<b>Gentle Basics</b> (MP) 11:30am – 12:30pm	<b>Gentle Cardio &amp; Tone</b> (MP) 1:00pm – 2:00pm		
		<b>Adult Water Walking</b> (P) 2:00pm – 2:30pm		<b>Adult Water Walking</b> (P) 2:00pm – 2:30pm		
Evening – 4:00pm - Close						
<b>Ashtanga Vinyasa Yoga</b> (FS) 4:00pm – 5:00pm		<b>Pre-Teen Orientation</b> (FF) 4:30pm – 5:00pm				
<b>Bollywood Dance</b> (FS) 5:30pm – 6:15pm	<b>Vinyasa Yoga</b> (FS) 5:30pm – 6:30pm	<b>Hatha Yoga</b> (FS) 5:30pm – 6:30pm	<b>Vinyasa Yoga</b> (FS) 5:30pm – 6:30pm	<b>Sweat</b> (FS) 5:30pm – 6:30pm		
<b>Sweat</b> (G) 5:30pm – 6:30pm		<b>Strength</b> (G) 5:30pm – 6:30pm	<b>Cycle</b> (CS) 5:30pm- 6:30pm	<b>Teen Orientation</b> (FF) 6:30pm – 7:30pm		
<b>Core</b> (FS) Returning in August	<b>Cycle</b> (CS) 6:45pm – 7:45pm	<b>Cycle</b> (CS) 6:45pm – 7:45pm	<b>Sweat</b> (G) Returning in August			
<b>Aquafit</b> (P) 7:15pm – 8:00pm			<b>Aquafit</b> (P) 7:15pm – 8:00pm			