

Group Fitness Class Schedule

December 1, 2025 – January 4, 2026

HOURS: Mon. – Thu.: 06:30 – 21:00, Fri.: 06:30 – 20:00 | **Sat., Sun. and Statutory Holidays:** 08:00 – 16:00

OPEN: 08:00 – 19:00 Dec 29, 30, Jan 2 | **08:00 – 15:00** Dec 27, 28 | **CLOSED:** December 24, 25, 26, 31, January 1, 3, 4

December 1 - 14

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00 – 07:45 Total Body Workout ♦ Studio B Janis	07:00 – 07:45 Core Conditioning and Glutes ♦ Studio B Janis	07:00 – 07:45 Step and Strength ♦ Studio B Marina	07:00 – 07:45 Hatha Yoga ♦ Studio B Janis	07:15 – 08:00 Cycle Fit □ Studio B Lourdes	10:00 – 10:45 HIIT ♦ Studio B Devora	09:45 – 10:30 Aqua Fit ♦ Pool Cody
08:45 – 09:45 Young at Heart ♦ Studio B Joseph	09:00 – 09:45 Dance and Tone Winter Edition ♦ Studio B ♦ Nellie/Marina	08:45 – 09:45 Young at Heart ♦ Studio B Hilary	09:00 – 09:45 Core Conditioning ♦ Studio B Nellie/Marina	08:45 – 09:45 Young at Heart Winter Warm-Up ♦ Studio B Marina/Anne	11:00 – 12:00 Hatha Yoga ♦ Studio B Angela M	10:00 – 10:45 Frost Ride □ Studio B Morgan
09:45 – 10:30 Aqua Fit ♦ Pool Tracey	17:30 – 18:15 Frost Ride □ Studio B Chantelle	09:45 – 10:30 Aqua Fit ♦ Pool Tracey	17:30 – 18:15 Winter Warm-Up ♦ Studio B Chantelle	09:45 – 10:30 Aqua Fit ♦ Pool Tracey		11:00 – 11:45 Total Body Workout ♦ Studio B Morgan
17:30 – 18:15 Drums Alive ♦ Studio B Angela	17:45 – 18:30 Aqua Fit ♦ Pool Cody	12:00 – 12:45 HIIT ♦ Studio B Devora	18:30 – 19:30 Winter Flow Yoga ♦ Studio B Chantelle	10:00–10:45 HIIT ♦ Studio B Devora		
18:30 – 19:15 Zumba ♦ Studio B Angela	18:30 – 19:30 ♦ Winter Flow Yoga ♦ Studio B Chantelle	17:30 – 19:00 Super Boot Camp ♦ Studio B Rachid				

MON, DEC 15	TUE, DEC 16	WED, DEC 17	THU, DEC 18	FRI, DEC 19	SAT, DEC 20	SUN, DEC 21
07:00 – 07:45 Total Body Workout ♦ Studio B Janis	07:00 – 07:45 Core Conditioning and Glutes ♦ Studio B Janis	08:45 – 09:45 Young at Heart ♦ Studio B Hilary	07:00 – 07:45 Hatha Yoga ♦ Studio B Janis	08:45 – 09:45 Young at Heart Winter Warm-Up ♦ Studio B Marina/Anne	10:00 – 10:45 HIIT ♦ Studio B Devora	
08:45 – 09:45 Young at Heart ♦ Studio B Joseph	18:30 – 19:30 Winter Flow Yoga ♦ Studio B Chantelle	09:45 – 10:30 Aqua Fit ♦ Pool Tracey	17:30 – 18:15 Winter Warm-up ♦ Studio B Chantelle	09:45 – 10:30 Aqua Fit ♦ Pool Tracey	11:00 – 12:00 Hatha Yoga ♦ Studio B Angela M	
09:45 – 10:30 Aqua Fit ♦ Pool Tracey		12:00 – 12:45 HIIT ♦ Studio B Devora		10:00 – 10:45 HIIT ♦ Studio B Devora		
18:30 – 19:15 Snow Zumba ♦ Studio B Angela		17:30 – 18:15 Get Fit before Your Holiday ♦ Studio B Rachid				

♦ **Drop in classes**

□ **Booking required.** Day pass fee for non-members. Bookings can be made up to one week in advance and can be made in person, by phone or online. Note: Online bookings can only be made by Y members

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MON, DEC 22	TUE, DEC 23	WED, DEC 24	THU, DEC 25	FRI, DEC 26	SAT, DEC 27	SUN, DEC 28
8:45 – 9:45 Get Fit Before your Holidays and Christmas Party ♦ <i>Studio B</i> Joseph and Marina					10:00 – 10:45 Circuit Training ♦ <i>Studio B</i> Devora	
		Christmas Eve Closed	Christmas Day CLOSED	Boxing Day CLOSED		
	17:30 – 18:15 Get Fit before your Holidays ♦ <i>Studio B</i> Chantelle					

MON, DEC 29	TUE, DEC 30	WED, DEC 31	THU, JAN 1	FRI, JAN 2	SAT, JAN 3	SUN, JAN 4
10:00 – 10:45 HIIT ♦ <i>Studio B</i> Devora		New Year's Eve Closed	New Year's Day CLOSED	10:00 – 10:45 Circuit Training ♦ <i>Studio B</i> Devora	Annual Maintenance CLOSED	Annual Maintenance CLOSED

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Class Descriptions

Aqua Fit

A general water fitness class designed as a medium intensity total body workout, providing a balance of cardiovascular and muscular strength training. Easy to follow choreography with lots of options for intensity. Classes can be held in deep or shallow water.

Super Boot Camp

An intense, full body 90 minute workout designed to build strength and improve overall fitness. This class challenges participants with variety, speed, drills, and cardio segments.

Core Conditioning

Abs, back, hips, glutes – this class is all about functional training. Condition your core to work for you with a series of muscle strengthening exercises focusing on your core.

Core Conditioning and Glutes

Core conditioning and glute exercises are essential for overall strength, stability, and injury prevention. Core muscles, which include the abdominals and muscles of the spine, provide stability for the body, while glute muscles play a crucial role in hip movement, posture, and balance. Strengthening both muscle groups allows for better movement, reduced pain, and improved athletic performance.

Cycle Fit

Get your legs pumping with this indoor cycling class set to energetic music. An instructor will lead the class through an aerobic and anaerobic workout on stationary bikes, simulating hills and valleys and incorporating timed athletic drills.

Circuit Training Class

A high-energy workout that combines strength and cardio exercises performed in a series of stations. Each station focuses on a different muscle group or movement, and participants rotate through the stations with short rest periods. This class helps improve endurance, strength, and overall fitness in a fun, motivating environment.

Frost Ride

Turn up the heat with an energizing indoor cycling session! Great music, great vibes, and a great way to melt the winter chill.

Winter Dance and Tone

Move, groove, and tone to upbeat music that will keep your spirits high and body strong all winter long! Perfect for all fitness levels!

Drums Alive

Drum Alive combines traditional aerobic movements with the powerful beat and rhythm. Feel and experience the pulsating rhythms, dynamic movements, and powerful percussions of this new high-energy dance and rhythm program.

HIIT

High Intensity Interval Training – This High intensity workout provides both cardiovascular and strength challenges by alternating short periods of intense exercise with recovery periods. Push yourself as hard as you can for a short interval, then move gently for the next interval. This method reaps maximum gain with maximum efficiency.

Step and Straight

Train your cardiovascular system performing rhythmic patterns stepping on and off a platform to music. This is supplemented by an overall resistance training workout to improve muscle strength, endurance and functionality using equipment and body weight.

Warm Up, Cardiovascular Conditioning, Resistance Training for the whole body topped off by flexibility training; this class covers it all.

Yoga Hatha

Move your body through a series of postures designed to increase flexibility, strength, balance and range of motion. Restorative breathing exercises & a final relaxation will promote stress reduction & mental clarity.

Winter Flow Yoga

A calming yoga class focused on stretching, balance, and mindfulness to help you find warmth and peace during the colder months..

Young at Heart

A low-impact, fun, and supportive class designed for older adults or anyone looking for a gentler approach to staying active. This class focuses on improving balance, flexibility, strength, and overall mobility through safe and effective exercises. With upbeat music and a welcoming atmosphere, participants are encouraged to move at their own pace and enjoy the many benefits of staying active — physically, mentally, and socially.

Zumba

A fusion of Latin and international music dance themes creating a dynamic and effective fitness workout. A one of a kind workout moving you in ways you never imagined!

Snow Zumba

Heat up your winter with this high-energy dance workout! Move to lively rhythms, shake off the cold, and enjoy a fun, full-body cardio session that will make you forget it's snowing outside. No dance experience needed — just bring your energy and a smile!

Get Fit Before Your Holiday

Get ready for the holidays feeling strong, energized, and confident! This fun full-body workout combines cardio, strength, and mobility training to help you tone up and boost your endurance before your holiday break. Suitable for all fitness levels — come sweat, smile, and have fun!

Winter Warm-Up

Beat the cold and get your body moving! A mix of cardio and strength training to warm you up and keep your energy high all season long.

