

Winter 2026 Fitness Classes March Break

TIME	MON 2	TUE 3	WED 4	THU 5	FRI 6	SAT 7	SUN 8
9 AM		Deep H2O		Deep H2O			
9:30 AM	Morning Mix		Morning Mix		Morning Mix		
10:30 AM		Hatha Yoga		Vinyasa Flow			
11:15 AM	Arthritis		Arthritis		Arthritis		
12:10 PM	Strength & Sculpt	Short Circuit	DB Blast	Shred			
5:30 PM	Escape Circuit	Zumba	Spin & Tone				
6:30 PM					FITNESS HOURS Mon-Fri: 6:00am-8:00pm Sat-Sun: 7:00am-4:00pm		
7:00 PM							

LEGEND

*Aqua Classes: Competition & Leisure areas

*MPR Classes: MPR aerobic studio.

*Fit-Swim: Competition pool.

*Speciality Classes (Require Registration)



Canada Games
Aquatic Centre
Centre Aquatique
Jeux du Canada