

Fall #1 Fitness Class Schedule

Sept 8th – Nov 1st, 2026.

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
9AM		Deep H2O		Deep H2O		Supersweat	RIPPED
9:30AM	Morning Mix	*Strong Moms (10 am)	Morning Mix	*Strong Moms (10 am)	Morning Mix		
10:30AM		Hatha Yoga		Pylata			
11:15AM	Arthritics	*Strong Moms	Arthritics	*Strong Moms	Arthritics		
12:10PM	Strength & Sculpt	Shred	Greatest HIIT's	Balls & Bands	Ride & Relax		
5:30PM	Escape-Circuit	Zumba	Spin & Tone	RIPPED	FITNESS HOURS Mon-Fri: 6:00am-8:00pm Sat-Sun: 7:00am-4:00pm		
6:30pm	Core De Force	Yin Yoga					
7:00pm			Aquacise				

LEGEND

* Aqua Classes: Competition Pool & Leisure Pool.

*Arthritics: Lower Leisure Pool.

*MPR Classes: MPR Aerobic Studio.



Canada Games
Aquatic Centre

Centre Aquatique
Jeux du Canada

STRENGTH / RESISTANCE TRAINING / CARDIO

Balls & Bands (40M)	A full body experience using a mix of resistance bands, loop bands, bender balls and bosu balls to work balance core strength and muscular endurance all while having a Ball!
CORE de FORCE (40M)	This MMA inspired total body workout uses core conditioning combos, bodyweight moves, and cardio spikes to harness the power of your core.
Escape Circuit (45M)	A circuit style class focusing on sports based movements to challenge your cardio and endurance. This class has something for all levels and can be scaled up or down depending on your level of fitness
Greatest HIIT's (40M)	This high intensity class utilizes various interval formats including AMRAP, EMOM and tabata. Bring a towel and energy.
Morning Mix (60M)	1 full hour of toning cardio, core strengthening balance and stretching Something for every level and a great way to meet new friends and challenge your limits
Ride & Relax (40M)	A dual-format workout that pairs high-energy indoor cycling with restorative deep stretching and mindfulness.
RIPPED (40M/60M)	The workout utilizes barbells, adjustable weight plates, and bodyweight exercises to target every major muscle group to burn calories, boost metabolism, and build lean muscle.
Spin & Tone (60M)	A combination of traditional spin for 30 minutes followed by muscular toning and core exercises off the bike, 30 min complimented with a cooldown and stretch to help facilitate recovery and limit muscular fatigue.
Strength & Sculpt (40M)	Combines resistance training exercises with bodyweight movements to build strength, improve endurance and enhance overall fitness.
Supersweat (60M)	A full body workout while maintaining a hi-tempo with fun and fast-paced cardio component. This class changes weekly along with the instructor to keep your body and mind fresh week to week.
SHRED (40M)	Shred is a high intensity endurance based workout. utilizing a 3-2-1 interval approach: 3 minutes of strength, 2 minutes of cardio, 1 minute of abs.
ZUMBA (45M)	A high-energy, dance-based fitness class that combines fast and slow rhythms with Latin and international music

AQUATIC FITNESS

Arthritics (45M)	Designed to help those with joint pain and mobility conditions maintain good posture, ROM, general strength and cardiovascular stamina. Performed in our warm leisure pool which helps soothe sore joints and bones.
Aquacise (40M)	Designed to improve flexibility, range of motion, strength, muscle tone and cardio endurance while using the resistance of the water to cushion the feet, knees and back.
Deep H2O (40M)	This low impact class is designed for all levels and abilities. Come to enjoy the suspended nature of our deep-water class and get a great workout without any impact

MIND & BODY CLASSES

Hatha Yoga (45/60M)	Postures are practiced to align, strengthen and promote flexibility in the body. You can expect an emphasis on simplicity, repetition, and ease of movement.
Yin Yoga (45M)	Yin Yoga is a gentle and relaxing all-level class that works deeply into the connective tissues and joints of the hips, pelvis, and lower spine and is suitable to all levels of students through extended holds.
Pylata (40 M)	A combination of yoga and pilates is a low-impact, mind-body exercise session focused on core strength, stability, posture, and muscle control



Canada Games
Aquatic Centre

Centre Aquatique
Jeux du Canada