

Group Fitness

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

City Centre Aquatic Complex Drop-in

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|--|--|---|---|---|--|------------------------|
| March 24 | March 25 | March 26 Group Ride* 6:15 – 7 a.m. | March 27 Group Ride* 9:30 – 10:15 a.m. | March 28 Group Ride* 6:15 – 7 a.m. | March 29 Women's Only 8 – 10 a.m. Holiday Hours 10:30 a.m. – 10:30 p.m. | March 30 No Classes |
| | Cardio Core Conditioning 9:30 – 10:30 a.m. | NRG Circuit 9:30 – 10:30 a.m. | Fit 360 9:30 – 10:30 a.m. | | Low Impact 9 – 10 a.m. *note time change for Women's Only* | |
| Zumba® 10:45 – 11:45 a.m. | Pilates Yoga Fusion 10:45 – 11:45 a.m. | Pilates 10:45 – 11:45 a.m. | Zumba Toning® 10:45 – 11:45 a.m. | Vinyasa Flow Yoga 10:45 – 11:45 a.m. | Zumba® 10:45 – 11:45 a.m. | |
| POUND 12 – 1 p.m. | Hatha Yoga 12 – 1 p.m. | | Pilates 12:30 – 1:30 p.m. | Essentrics Beginner 1:15 – 2:15 p.m. | Hatha Yoga 12 – 1 p.m. | |
| | Group Ride* 5:30 – 6:15 p.m. Fit 360 5:45 – 6:45 p.m. | | Group Ride* 5:30 – 6:15 p.m. Yin Deep Stretch 5:30 – 6:45 p.m. | | | |
| | NRG Circuit 7 – 8 p.m. | Hatha Yoga 7 – 8 p.m. Group Ride* 7:30 – 8:15 p.m. | | Cardio Core Conditioning 7 – 8 p.m. | | |
| | Vinyasa Flow Yoga 8:15 – 9:15 a.m. | Pilates 8:15 – 9:15 p.m. | Hatha Yoga 8:15 – 9:15 p.m. | Group Ride* 7:30 – 8:15 p.m. | | |
| March 31 Zumba® 10:45 – 11:45 a.m. | April 1 Hatha Yoga 12 – 1 p.m. | April 1 Women's Only 8 – 10 a.m. Holiday Hours 10:30 a.m. – 10:30 p.m. | | | | |
| POUND 12 – 1 p.m. | Fit 360 5:45 – 6:45 p.m. Vinyasa Flow Yoga 8:15 – 9:15 a.m. | | | | | |

Schedule subject to change without notice. *Pre-registration is required for this program.