

Group Exercise Schedule Summer 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		* MORNING CLASS * Yoga Sculpt: Glutes, Arms & Abs 6:30 – 7:15AM Kylie		
Cycle & Core 11:30 - 12:15 Kordi	Well Built 11:30 – 12:15 Janine <i>* Step once a month *</i>	Power Cycle 11:30 - 12:15 Shannon	Yoga 11:10 – 11:55 Andrea <i>*Please bring your own mat*</i>	
Super Circuit 12:20 – 1:05 TBD	Yoga 12:20 – 1:05 Chantal <i>* JOGA once a month *</i> <i>Please bring your own mat</i>	Fitness Roulette 12:20 – 1:05 Changes Weekly <i>See online schedule or speak with staff for upcoming details*</i>	Shred It 12:20 – 1:05 Kevin	No Regular Classes <i>Possible “pop-up” classes TBD</i> Check at the desk or online schedule in Member Portal

Step/Joga: July 8, Aug 12, Sept 9

This is a dynamic schedule and will change with member needs.

Online sign-up for each day begins the day prior.

Class may be cancelled if fewer than 3 members are registered within one hour of start time.

Class instructor may vary due to injury/illness

There will be no classes on Holidays