

Group Exercise Schedule Winter 2026

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|---|
| NEW DAY & LOCATION | Yoga Sculpt 6:30 – 7:15AM Kylie <i>*register using the ECT Portal*</i> | CENTENNIAL PLACE *contact staff for details* | | |
| Cycle & Core 11:30 - 12:15 Kordi | Well Built 11:30 – 12:15 Janine <i>*Step once a month*</i> | | Yoga 11:25 – 12:10 Kylie <i>*Please bring a mat*</i> | NEW TIME & INSTRUCTOR See online schedule or speak with staff for upcoming details* |
| Super Circuit 12:20 – 1:05 Megan | Yoga 12:20 – 1:05 Chantal <i>*Joga once a month*</i> <i>*Please bring a mat*</i> | Sculpt & Core 12:20 – 1:05 TBD | Shred It 12:20 – 1:05 Kevin | Freestyle Friday 12:00 - 12:45 <i>*times may vary*</i> LivUnltd Staff or Contractor |

Step/Joga: Jan 13, Feb 10, Mar 10, April 7

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