

Group Exercise Schedule Summer 2026

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

Step: June 2, June 30

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