

Group Exercise Schedule FALL 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	Yoga Sculpt: Glutes, Arms & Abs 6:30 – 7:15AM Kylie <i>*register using ECT portal*</i>	CENTENNIAL PLACE <i>*Contact staff for details*</i>		
	Tues YOGA starts Sept 22	Wed Cycle starts Sept 2		
Super Circuit 11:30 – 12:15 Megan	Yoga 11:30 – 12:15 Kylie <i>*Please bring a mat*</i>	Power Cycle 11:30 - 12:15 Kordi <i>* Step once a month *</i>	Sculpt & Core 11:25 – 12:10 Kylie <i>*Please bring a mat*</i>	See online schedule or speak with staff for upcoming details*
				Freestyle Friday 12:00 - 12:45 <i>*times may vary*</i> LivUnltd Staff or Contractor
	Well Built 12:20 – 1:05 Kevin	Barre (1x/month) 12:20 – 1:05 Jessica R Sept 23, Oct 21, Nov 18, Dec 16		

Step: Sept 30, Oct 28, Nov 25, Dec 23

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

Th Holidays