

Group Exercise Schedule FALL 2025 – Starts SEPT 2

Monday	Tuesday	Wednesday	Thursday	Friday
		* MORNING CLASS * Yoga Sculpt: Glutes, Arms & Abs 6:30 – 7:15AM Kylie		
				See online schedule or speak with staff for upcoming details*
Cycle & Core 11:30 - 12:15 Kordi	Well Built 11:30 – 12:15 Megan/Janine * Step once a month *	Power Cycle 11:30 - 12:15 Shannon	Yoga 11:10 – 11:55 Andrea <i>*Please bring a mat*</i>	
				Freestyle Friday 12:00 - 12:45 <i>*times may vary*</i> LivUnltd Staff or Contractor
Super Circuit 12:20 – 1:05 Megan/Kevin	Yoga 12:20 – 1:05 Chantal * Joga once a month * <i>*Please bring a mat*</i>	Barre-CORE 12:20 – 1:05 Laura	Shred It 12:20 – 1:05 Kevin	

Step/Joga: Sept 9, Oct 7, Nov 4, Dec 2

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