

Group Exercise Schedule Winter 2026 – Starts JAN 5

Monday	Tuesday	Wednesday	Thursday	Friday
	NEW DAY & LOCATION Yoga Sculpt 6:30 – 7:15AM Kylie <i>*register using the ECT Portal*</i>	CENTENNIAL PLACE <i>*contact staff for details*</i>		
				NEW TIME & INSTRUCTOR See online schedule or speak with staff for upcoming details*
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 11:25 – 12:10 Kylie <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	Yoga 12:20 – 1:05 Chantal <i>*Joga once a month*</i> <i>*Please bring a mat*</i>	Sculpt & Core 12:20 – 1:05 Jenna	Shred It 12:20 – 1:05 Kevin	

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