

# Group Exercise Schedule Winter 2026 – Starts JAN 5

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