

WINTER 2026 DROP-IN GROUP FITNESS SCHEDULE | January 5 – April 5



M	T	W	T	F	S	S
RISE & GRIND BOOTCAMP Field House Crystal 6am-7am	YOGA Fitness Studio 2 Tracey 6am-6:50am Max. 22 people	MIDWEEK BOOTCAMP Field House Connie 6am-7am	YOGA Fitness Studio 2 Alicia 6am-6:50am Max. 22 people	FINISH STRONG BOOTCAMP Field House Georgie 6am-7am	SPIN Track Christina 9am-10am Max. 15 people	SPIN Track Nadia 9am-10am Max. 15 people
CHAIRFIT Track Nadia 9am-10am	SPIN Track Christina 6am-7am Max. 15 people	CHAIRFIT Track Nadia 9am-10am	SPIN Track Christina 6am-7am Max. 15 people	SHALLOW AQUAFIT Competition Pool Naoko 9am-9:50am	BOOTCAMP Field House Tam 9:15am-10:15am	HIIT Field House Julie 11am-12pm
SHALLOW AQUAFIT Competition Pool Naoko 9am-9:50am	CHAIR YOGA Arts & Craft Room Taylor 9am-10am Max 15 people	SHALLOW AQUAFIT Competition Pool Naoko 9am-9:50am	CHAIR YOGA Arts & Craft Room Shaya 9am-10am Max 15 people	CHAIRFIT Track Taylor 9am-10am	YOGA Fitness Studio 2 Haniyeh 10:30am-11:30am Max. 22 people	YOGA Fitness Studio 2 Shaya 10:30am-11:30am Max. 22 people
CARDIO COMBAT Field House Lianne 9:15am-10:15am	DEEP AQUAFIT Competition Pool Jackie 9am-9:50am	PUMPED Field House Lianne 9:15am-10:15am	SPIN Track George 9:15am-10:15am Max. 15 people	SHALLOW AQUAHIIT Competition Pool Lianne 9am-9:50am	SPIN Track Nicholas 9:15am-10:15am Max. 15 people	YOGA Fitness Studio 2 Aoife 6pm-7pm Max. 22 people
SPIN Track Nicholas 9:15am-10:15am Max. 15 people	ZUMBA® Field House Wanda 9:15am-10:15am	YOGA Fitness Studio 2 Raechelle 9:15am-10:15am Max. 22 people	ZUMBA® Field House Wanda 9:15am-10:15am	CARDIO CORE AQUAPUMPED Competition Pool Liudmila 10am-10:50am	YOGA Fitness Studio 2 Dennette 9:15am-10:15am Max. 22 people	
YOGA Fitness Studio 2 Taylor 9:15am-10:15am Max. 22 people	SHALLOW AQUAPUMPED Competition Pool Liudmila 10am-10:50am	SHALLOW AQUAFIT Competition Pool Joanne 10am-10:50am	FIT FOR LIFE Field House Ashley 10:30am-11:30am	FIT FOR LIFE Field House Jackie 10am-10:50am	Deep AQUAFIT Competition Pool Jackie 10am-10:50am	
Deep AQUAFIT Competition Pool Georgie 10am-10:50am	FIT FOR LIFE Field House Haniyeh 10:30am-11:30am	FIT FOR LIFE Field House Joanne 10am-10:50am	YOGA Fitness Studio 2 Haniyeh 10:30am-11:30am Max. 22 people	FIT FOR LIFE Field House Haniyeh 10:30am-11:30am	FIT FOR LIFE Field House Georgie 10:30am-11:30am Max. 22 people	
FIT FOR LIFE Field House Donna 10:30am-11:30am	YOGA Fitness Studio 2 Taylor 10:30am-11:30am Max. 22 people	YOGA Fitness Studio 2 Laura 10:30am-11:30am Max. 22 people	YOGA Fitness Studio 2 Laura 10:30am-11:30am Max. 22 people	YOGA Fitness Studio 2 Georgie 10:30am-11:30am Max. 22 people	POWERBELLS Track Corey 6:30pm-7:30pm	
YOGA Fitness Studio 2 Taylor 10:30am-11:30am Max. 22 people	GENTLE AQUAFIT Leisure Pool Veronika 1pm-1:50pm	AQUA YOGA Leisure Pool Laura 1pm-1:50pm	GENTLE AQUAFIT Leisure Pool Donna 1pm-1:50pm	HIIT & CORE Field House Crystal 5:45pm-6:45pm		
TAI CHI FUSION Fitness Studio 2 Bill & Wai Kam 11:45am-12:45pm Max. 22 people	CHAIRFIT Track Kateryna 1:30pm-2:15pm	PUMPED Field House Veronika 5:45pm-6:45pm	SPIN Track Kateryna 1:30pm-2:15pm	SPIN Track Nadia 6pm-7pm Max. 15 people		
AQUA YOGA Leisure Pool Laura 1pm-1:50pm	HIIT & CORE Field House Veronika 5:45pm-6:45pm	YOGA Fitness Studio 2 Alison 6pm-7pm Max. 15 people	YOGA Fitness Studio 2 Alison 6pm-7pm Max. 15 people	YOGA Fitness Studio 2 Summer 6pm-7pm Max. 22 people		
PUMPED Field House Connie 5:45pm-6:45pm	SPIN Track Alison 6pm-7pm Max. 15 people	SHALLOW AQUAFIT Competition Pool Lianne 6:45pm-7:35pm	SHALLOW AQUAFIT Competition Pool Lianne 6:45pm-7:35pm	SHALLOW AQUAFIT Competition Pool Julie 6:45pm-7:35pm		
YOGA Fitness Studio 2 Summer 6pm-7pm Max. 22 people	YOGA FUSION Field House Shaya 7:00pm-7:50pm	YOGA FUSION Competition Pool Taylor 6:45pm-7:35pm	YOGA FUSION Field House Taylor 7:00pm-7:50pm	YOGA Fitness Studio 2 Shaya 7:15pm-8:15pm Max. 22 people		
	YOGA Fitness Studio 2 Tisha 7:15pm-8:15pm Max. 22 people					

Drop-in Group Fitness Classes

- All Drop-in classes are free for members and day pass users
- Fitness classes are for ages 12+
- Book Spin, Tai Chi Fusion, and Yoga online through [MyRec](#) or in-person at the customer service desk
- Members can book 3 days in advance as of 9am every day
- Non-members and 10 punch pass holders can book 1 day in advance as of 9am everyday
- Can't make the class? Please cancel your spot online through [MyRec](#)
- New participants are encouraged to arrive early, late arrivals to Yoga will not be permitted entry

Class Cancellations

In the event of a class cancellation, you will find the information on our website, social media channels, and on our internal notice boards at least one hour in advance.

Schedule last updated: **Jan. 6, 2026**

GROUP FITNESS CLASS DESCRIPTIONS

AQUA YOGA | All-levels yoga that's easy on the body and good for the soul. This low-impact class will help you gain flexibility and balance, while using your own buoyancy as an advantage. Suitable for most non-swimmers, as this class is in a heated, shallow pool. Space is limited due to pool size/depth.

CARDIO COMBAT | A rigorous, high intensity aerobic workout using knees, punches and kicks that can help burn fat fast, sharpen reflexes, and improve circulation, stamina, endurance and coordination.

CARDIO CORE AQUAPUMPED | High level aerobic workout in shallow water to challenge your cardiovascular system, build muscle tone and improve overall fitness.

CHAIRFIT | This enjoyable class, set to music, will provide a full body workout using a sturdy chair both seated and standing. Hand weights, resistance bands and balls will be used. Walking on the Track will also be included and Nordic Walking poles can be incorporated. The benefits of this class for older adults include better posture, balance, flexibility, fall prevention, muscle strength, increased cardio-pulmonary fitness, less stiffness in joints and elevated mood. All exercises can be modified to accommodate individual needs.

CHAIR YOGA | Join our Chair Yoga class where you can enjoy simple seated poses designed for all abilities. Sit comfortably in a chair as we guide you through gentle stretches, twists and gentle bends to enhance flexibility and well-being. If you prefer using a mat, we'll show you easy chair adjustments for a seamless transition. Discover the joy of yoga with the support of a chair, making it accessible and enjoyable for everyone. **Please note: Booking not required for this class. Max. 15 people.**

DEEP AQUAFIT | Aerobic deep-water workout to challenge your cardiovascular system, tone muscles and improve fitness.

DANCE FUSION | Dance-based fitness class for everyone where fitness meets fun! A fusion of easy dance moves and aerobics with various music styles that will keep you moving. No experience required, just get ready to groove, sweat and smile.

FIT FOR LIFE | Get energized and fit for life with a mix of cardiovascular, balance and muscle conditioning exercises, + stretches too! This is a full body conditioning class.

FINISH STRONG BOOTCAMP | End your week on a high note with this full-body circuit training class. Finish Strong is designed to maximize your strength, stamina, and endurance, ensuring you end the week feeling accomplished. The perfect way to complete your week's fitness journey and set yourself up for a well-deserved weekend.

GENTLE AQUAFIT | An ideal activity for relieving stiffness and arthritis pain using warm water exercise. This class will help improve posture, balance, strength, endurance, flexibility, and joint movement leading to a healthier lifestyle.

HIIT | High Intensity Interval Training (HIIT) will get your heart pumping. Incorporate muscular strength, power, and cardio intervals in this high energy class. Multi-level instruction is given so everyone can have the workout best suited for them.

HIIT & CORE | High Intensity Interval Training (HIIT) and Core incorporates muscular strength, power, and cardio intervals in this high energy class: now with a bonus core challenge to tone and define your abdominal muscles, improve posture, and strengthen your lower back and glutes. Multi-level instruction is given so everyone can have the workout best suited for them.

MIDWEEK MOMENTUM | Keep your energy and motivation high with this midweek class. Focusing on building strength and endurance, Midweek Momentum blends resistance training with dynamic exercises to push through the midweek. Recharge your body and mind and power through the rest of the week.

POWER BELLS | A high intensity kettlebell strength class, focusing on power, dynamic movement and athletic conditioning. Designed to build raw strength and metabolic fire for all fitness levels.

PUMPED | A barbell workout designed to strengthen all your major muscle groups in an inspiring and invigorating setting. This class gets back to basics using traditional moves to deliver great results.

RISE & GRIND BOOTCAMP | Start your week strong with this high-energy bootcamp. Designed to wake you up and get you moving, this class combines intense cardio, strength training, and functional movements to set the tone for a productive week. Get ready to rise, grind, and conquer the day!

SHALLOW AQUAFIT | Challenge your cardiovascular system, tone muscles & improve overall fitness in a shallow water aerobic workout.

SHALLOW AQUAHIIT | High Intensity Interval Training: Just add water! AquaHIIT will give you a mix of muscular strength, power, and cardiovascular training by alternating periods of hard work and recovery. Multi-level instruction is given so everyone can have the workout best suited for them.

SHALLOW AQUAPUMPED | Challenge your cardiovascular system, tone muscles & improve overall fitness in a shallow water aerobic workout.

SPIN | Work up a sweat and have some fun! This class takes you through a spinning routine to get your legs moving and your heart pumping. Feel free to go at your own pace.

TAI CHI FUSION | Join Bill and Wai Kam as they guide you through gentle, low impact movements which can improve balance, coordination, and reduce stress. Class is suitable for all ages and abilities.

YOGA | Balance mind and body through a yoga practice that is accessible to beginners yet has challenging options for more seasoned yogis + yoginis. Stretch, breathe, and take what you need to leave this class feeling less stressed and more balanced.

YOGA FUSION | This 50-minute class blends Pilates, yoga and weights to support overall wellness. Focused on core strength, flexibility and joint mobility, Yoga Fusion uses mindful movement and breathwork to enhance the mind-body connection. Ideal for all levels, including those who are getting over injuries, as well as folks who are just starting to workout.

ZUMBA® | A fusion of Latin, international and popular music/dance themes creating a dynamic, exciting and effective fitness system! The routines feature an aerobic combination of fast and slow rhythms that tone and sculpt the body with easy-to-follow dance steps.