

<div>FALL 2025</div> <div>Schedule in effect Sept 1 - Dec 31, 2025</div>				Rates Updated Jan 1, 2025	Adults	Youth/Seniors
				Drops Ins	\$7.00	\$6.00
				Fit Cards • 10 visits	\$51.50	\$41.00
Legend: A = Auditorium G = Gymnasium SR = Seniors Centre				AM Classes		PM Classes
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Cardio Combo (G) Sept 1 to Dec 29 (Ferial) 9:00am-10:00am	Cardio & Strength (G) Sept 2 to Dec 30 *No class Sept 16 & Nov 11 (Venus) 9:00am-10:00am	TBC & Stretch (G) Sept 3 to Dec 17 (Sarah) 9:00am-10:00am	Gentle Fit Low Impact (A) Sept 4 to Dec 18 9:00am-10:00am (Cancelled NO instructor)	Gentle TBC (G) Sept 5 to Dec 19 (Sarah) 9:00am-10:00am	Zumba (G) Sept 6 to Dec 27 (Tanya) 9:15am-10:15am	
					Muscle Mania (A) Sept 6 to Dec 20 (Charlene) 9:15am-10:30am	
	Mild/Mod Low Impact (A) Sept 2 to Dec 30 (Audrey) 10:30am-11:30am	Gentle Fit Plus (A) Sept 3 to Dec 31 *No class Sept 17 (Venus) 10:30am-11:30am	Mild/Mod Low Impact (A) Sept 4 to Dec 18 (Audrey) 10:30am-11:30am	Step Class (A) Sept 12 to Dec 26 (Indira) 10:30am-11:30am	Gentle Fit Low Impact (SR Multi) Sept 6 to Dec 27 (Audrey) 10:00am-11:00am	
Step Class (A) Sept 1 to Dec 29 (Richard) 1:00pm - 2:00pm	Step Class (A) Sept 9 to Dec 30 (Indira) 12:00pm-1:00pm		Zumba Toning (A) Sept 4 to Dec 18 (Tanya) 12:00pm-1:00pm	Zumba + Circl Mobility (A) Sept 5 to Dec 26 (Tanya) 12:00pm-1:00pm		
		Step Class (A) Sept 3 to Dec 31 (Richard) 1:00pm - 2:00pm		Step Class (A) Sept 5 to Dec 26 (Richard) 1:00pm - 2:00pm		
Zumba (G) Sept 1 to Dec 29 (Tanya) 5:30pm-6:30pm	Zumba Toning (G) Sept 2 to Dec 30 (Tanya) 5:30pm-6:30pm	Zumba (G) Sept 3 to Dec 17 *No class Dec 24 & 31 (Tanya) 5:30pm-6:30pm	Cardio & Strength (A) Sept 4 to Dec 18 (Bitia) 7:15pm-8:15pm	Boxerfit (A) Sept 5 to Dec 19 *No class Dec 26 (Richard) 7:00pm-8:00pm		

Revised Aug 28, 2025

* Classes in the SR centre, scan/pay at the SR front desk

* Class subject to change without notice (ex. Instructor sick/away, low enrollment). Call front desk for confirmation 604 257 8100