

WINTER 2026 Schedule in effect JAN 1 - MAR 31, 2026				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) Jan 5 to Mar 30 No class Feb 16 (Ferial) 9:00am-10:00am	Cardio & Strength (G) Jan 6 to Mar 31 (Venus) 9:00am-10:00am CANCELLED	TBC & Stretch (G) Jan 7 to Mar 25 (Sarah) 9:00am-10:00am		Gentle TBC (G) Jan 9 to Mar 27 (Sarah) 9:00am-10:00am	Zumba (G) Jan 3 to Mar 28 (Tanya) 9:15am-10:15am
					Muscle Mania (A) Jan 3 to Mar 28 (Charlene) 9:15am-10:30am
	Mild/Mod Low Impact (A) Jan 6 to Mar 31 (Audrey) 10:30am-11:30am	Gentle Fit Plus (A) Jan 7 to Mar 25 (Venus) 10:30am-11:30am	Mild/Mod Low Impact (A) Jan 8 to Mar 26 (Audrey) 10:30am-11:30am	Step Class (A) Jan 2 to Mar 27 (Indira) 10:30am-11:30am	Gentle Fit Low Impact (SR Multi) Jan 3 to Mar 28 (Audrey) 10:00am-11:00am
Step Class (A) Jan 5 to Mar 30 (Richard) 1:00pm - 2:00pm	Step Class (A) Jan 6 to Mar 31 (Indira) 12:00pm-1:00pm	Step Class (A) Jan 7 to Mar 25 (Richard) 1:00pm - 2:00pm	Zumba Toning (G) Jan 1 to Mar 26 (Tanya) 12:00pm-1:00pm	Zumba + Circl Mobility (A) Jan 2 to Mar 27 (Tanya) 12:00pm-1:00pm	
		Zumba (G) Jan 7 to Mar 25 (Tanya) 5:30pm-6:30pm		Step Class (A) Jan 2 to Mar 27 (Richard) 1:00pm - 2:00pm	
Zumba (G) Jan 5 to Mar 30 (Tanya) 5:30pm-6:30pm	Zumba Toning (G) Jan 6 to Mar 31 (Tanya) 5:30pm-6:30pm	Cardio & Strength (A) Jan 7 to Mar 25 (Bita) 6:00pm-7:00pm		Boxerfit (A) Jan 2 to Mar 27 (Richard) 7:00pm-8:00pm CANCELLED	

Revised Jan 1, 2026

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

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