

<h1 style="text-align: center;">Spring 2026</h1> <p style="text-align: center;">Schedule in effect April 1 - June 27, 2026</p>				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) Apr 13 to June 22 (Ferial) 9:00am-10:00am	Cardio & Strength (G) Apr 7 to June 23 (Venus) 9:00am-10:00am	TBC & Stretch (G) Apr 8 to June 24 (Sarah) 9:00am-10:00am		Gentle TBC (G) Apr 10 to June 26 (Sarah) 9:00am-10:00am	Zumba (G) Apr 11 to June 27 (Tanya) 9:15am-10:15am	
					Muscle Mania (A) Apr 4 to June 27 (Charlene) 9:15am-10:30am	
	Mild/Mod Low Impact (A) Apr 7 to June 23 (Audrey) 10:30am-11:30am	Gentle Fit Plus (A) Apr 1 to June 24 (Venus) 10:30am-11:30am	Mild/Mod Low Impact (A) Apr 2 to June 25 (Audrey) 10:30am-11:30am	Step Class (A) Apr 3 to June 26 (Indira) 10:30am-11:30am	Gentle Fit Low Impact (SR Multi) Apr 11 to June 27 (Audrey) 10:00am-11:00am	
Step Class (A) Apr 13 to June 22 (Richard) 1:00pm - 2:00pm	Step Class (A) Apr 7 to June 23 (Indira) 12:00pm-1:00pm	Step Class (A) Apr 1 to June 24 (Richard) 1:00pm - 2:00pm	Zumba Toning (A) Apr 2 to June 25 (Tanya) 12:00pm-1:00pm	Zumba + Circl Mobility (A) Apr 3 to June 26 (Tanya) 11:45am-12:45pm		
		Zumba (G) Apr 8 to June 24 (Tanya) 5:30pm-6:30pm		Step Class (A) Apr 3 to June 26 (Richard) 1:00pm - 2:00pm		
Zumba (G) Apr 6 to June 22 (Tanya) 5:30pm-6:30pm	Zumba Toning (G) Apr 7 to June 23 (Tanya) 5:30pm-6:30pm	Cardio & Strength (A) Apr 1 to June 24 (Bitita) 6:00pm-7:00pm				

Gym & SR Multi CLOSURE Mar 30 - Apr 5, 2026

Revised Jan 31, 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