

<h1 style="text-align: center;">Summer 2026</h1> <p style="text-align: center;">Schedule in effect July 2 - Aug 31, 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) July 6 to Aug 31 (Ferial) 9:00am-10:00am	Cardio & Strength (G) July 7 to Aug 25 (Venus) 9:00am-10:00am	TBC & Stretch (G) July 8 to Aug 26 (Isobel) 9:00am-10:00am		Zumba + Circl Mobility (G) July 3 to Aug 28 (Tanya) 9:00am-10:00am	Zumba (G) July 4 to Aug 29 No class Aug 8 (Tanya) 9:15am-10:15am	
Gentle Fit (SR Multi) July 6 to Aug 26 (Isobel) 9:30am-10:30am					Muscle Mania (A) July 4 to Aug 29 No class Aug 8 (Charlene) 9:15am-10:30am	
	Mild/Mod Low Impact (G) July 7 to Aug 25 (Audrey) 10:30am-11:30am	Gentle Fit Plus (G) July 8 to Aug 26 (Venus) 10:30am-11:30am	Mild/Mod Low Impact (SR Multi) July 2 to Aug 27 (Audrey) 10:00am -11:00am		Gentle Fit Low Impact (SR Multi) July 4 to Aug 29 No class Aug 8 (Audrey) 10:00am-11:00am	
	Step Class (G) July 7 to Aug 4 (Indira) 12:00pm-1:00pm	Step Class (G) July 8 to Aug 26 (Richard) 12:00pm - 1:00pm	Zumba Toning (A) July 2 to Aug 27 (Tanya) 12:00pm-1:00pm		Step Class (G) July 4 to July 25 (Indira) 10:45am-11:45am	
Step Class (A) July 6 to Aug 31 (Richard) 4:45pm - 5:45pm	Zumba Toning (G) July 7 to Aug 25 (Tanya) 5:15pm-6:15pm	Zumba (G) July 8 to Aug 26 (Tanya) 5:15pm-6:15pm		Step Class (A) July 3 to Aug 28 (Richard) 6:00pm - 7:00pm		
Zumba (G) July 6 to Aug 31 (Tanya) 5:15pm-6:15pm		Cardio & Strength (A) July 8 to Aug 26 (Bitia) 6:00pm-7:00pm				

Revised May 22, 2026

- * **NOTE: Summer schedule is different, and times and days of classes will be changed. as there's limited room availability**
- * 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