

Studio Class Schedule

Monday

6:00 AM (55 minutes)

Boot Camp

8:00 AM (55 minutes)

Body Blend

9:00 AM (55 minutes)

Cardio Combo

10:15 AM (55 minutes)

Zumba Gold

12:05 PM (45 minutes)

Boot Camp

1:05 PM (55 minutes)

PACE

4:30 PM (55 minutes)

TRX Fit

5:30 PM (55 minutes)

Step Express

6:30 PM (55 minutes)

Strong and Calm

Tuesday

9:00 AM (55 minutes)

Barbell Flex

10:15 AM (55 minutes)

Posture Perfect

11:15 AM (30 minutes)

Cardio Express

12:05 PM (45 minutes)

Zumba

4:30 PM (55 minutes)

Step Express

5:30 PM (55 minutes)

TRX Fit

6:00 PM (55 minutes)

Barre Star

Wednesday

6:00 AM (55 minutes)

Boot Camp

8:00 AM (55 minutes)

Strength Fit

9:00 AM (55 minutes)

Boot Camp

10:15 AM (55 minutes)

Prime Time Cardio

12:00 PM (60 minutes)

Drum Dance

1:15 PM (60 minutes)

Line Dancing

4:30 PM (55 minutes)

Strength Fit

5:30 PM (55 minutes)

Spice it up

Thursday

6:00 AM (55 minutes)

TRX Fit

9:00 AM (55 minutes)

Sweat & Sculpt

10:15 AM (55 minutes)

Strength & Stretch

12:05 PM (45 minutes)

Barbell Flex

1:15 PM (55 minutes)

PACE

4:30 PM (55 minutes)

Cardio Fusion

5:30 PM (55 minutes)

VIPR Strong

Friday

6:00 AM (55 minutes)

Boot Camp

8:00 AM (45 minutes)

Total Body Circuit

9:00 AM (55 minutes)

Boot Camp

10:15 AM (55 minutes)

Zumba Gold

12:05 PM (45 minutes)

TRX Fit

5:30 PM (55 minutes)

Step Express

Saturday

10:15 AM (55 minutes)

Boot Camp

Sunday

9:00 AM (55 minutes)

Strength Fit

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schedules.wellnessinstitute.ca

FUSION CLASS DESCRIPTIONS

Fusion-based classes blend multiple fitness modalities into a single workout. They can combine elements from yoga, Pilates, strength training, cardio, and sometimes dance, offering a fun, innovative approach to fitness.

Body Blend - An invigorating, flowing fusion of yoga, Pilates, and fitness for strength, flexibility, balance, mobilization and relaxation. This class may include various fitness equipment to add variety and challenge you. It will surely start your day right, leaving you feeling energized and strong.

Cardio Fusion - This dance-based cardio workout fuses traditional HiLo with choreography inspired by Latin, Pop, African, and even a hint of Belly dance. Leave your inhibitions at the door and let the music move you! All fitness levels are welcome.

Strength Fusion - A unique blend of traditional strength training using body bars/dumbbells/balls fused with Yoga and Pilates-inspired core & balance work. Build body strength and lean muscle as you lengthen your spine and open your joints!

ACTIVE OLDER ADULT CLASS DESCRIPTIONS

These classes are specifically designed for active older adults. They improve strength, flexibility, balance, and cardiovascular health. These classes offer age-appropriate workouts that enhance overall well-being in a supportive environment.

Posture Perfect - This strength training class mainly targets the lower body, mid-back and core muscles to improve posture. Leave feeling stronger and taller!

Prime Time Cardio - Fitness improves regardless of age! This low-impact cardio class is easy to follow for those who wish to keep their hearts young.

Stretch and Strength - Older is better! Improve strength, balance, and coordination to live independently longer and have more energy. Use a variety of equipment and finish with a stretch.

PACE - Designed for those with arthritis and/or those who wish to maintain or improve joint mobility. Participants engage in range-of-motion, stretching, strength-building, conditioning exercises, balance and coordination activities, and relaxation and breathing techniques.

CARDIO BASED CLASS DEXCRIPTIONS

Cardiovascular-based classes focus on improving heart health, endurance and overall fitness through aerobic exercise.

Cardio Combo - This exciting workout is designed to make you sweat and is fun and challenging. Complete the challenge with core conditioning and leave refreshed after your stretch.

Step Express - Looking for a fun and challenging step routine? This class will test your coordination, agility, and cardiovascular conditioning with advanced, dynamic choreography (turning and jumping) on the step. It will keep your mind and body active.

Cardio Express - Are you limited in time? This 30-minute class is cardio only. A quick warm-up and cool-down let you focus on raising your heart rate and moving your body. There is no floor work—this session keeps you on your feet!

STRENGTH-BASED CLASS DESCRIPTIONS

Resistance training classes focus on building muscle mass, increasing strength, and enhancing physical conditioning. These classes incorporate weights, resistance bands, and bodyweight exercises to target major muscle groups, improve muscular endurance, and boost metabolism.

Barbell Flex - This class primarily uses barbells and is structured to help you build muscle strength and tone. The class format and exercises remain consistent for one month, allowing you to increase your weights and improve your technique progressively. This structured approach ensures steady progress and effective results over the month. No class on Stat holidays.

Strength Fit - Get your fix for firm legs, toned arms, and sculpted abs. This class is 100% dedicated to muscle work. Make resistance training part of your routine to build your strength, lean muscle, and metabolism.

TRX Fit - TRX Fit utilizes suspension training to leverage body weight for a comprehensive workout. This class will improve strength, balance, flexibility, and core stability. TRX Fit suits all fitness levels, offering scalable intensity to match individual capabilities. Cardio and other resistance equipment may be included at the instructor’s discretion. There is no class on Stat Holidays. Registration is required.

Strong and Calm - Focusing on strength, this total-body workout uses various training techniques and equipment to build muscular strength and muscular endurance. It finishes with a wonderful mix of stretches and breathwork to calm the body and mind.

ViPR Strong - This class uses ViPR weighted tubes to combine strength training with functional movement. ViPR Strong incorporates a variety of lifting, shifting, and twisting exercises to enhance agility, coordination, and athletic performance. This full-body workout is designed to improve strength, mobility, and cardiovascular endurance.

STRENGTH AND CARDIO BASED CLASS DESCRIPTIONS

Fitness classes that combine cardiovascular and strength training offer a balanced workout to improve heart health, muscle strength and endurance.

Boot Camp - Boot camp is an intense, high-energy class that combines cardio, strength, and functional exercises. It will help improve endurance, strength, and overall fitness. There is no class on Stat Holidays, and registration is not required.

TBC - Total Body Circuit - Get it all in one class: heart-pounding cardio plus a great strength workout! This station-to-station workout may include BOSU, steps, weights, or tubing. Perfect for those short on time but high on energy!

Spice it Up - Every Spice it Up class takes a unique approach to incorporating different fitness components, including cardio, strength, flexibility, balance, and everything in between. Each month, a poster outside the Fitness studio will outline the focus of each week.

Sweat and Sculpt - This fun, functional workout includes strength, balance and low-impact cardio. It will enhance your muscle tone while focusing on your core to support posture, flexibility and confidence for a fun, functional workout.

DANCE CLASS DESCRIPTIONS

Drum Dance - Improve your memory, balance, focus, coordination and agility through gentle dance aerobic and drumming on a stability ball to the hits from the 50s, 60s, 70s and 80s.

Line Dance - Do basic line dancing footwork and have fun while staying fit. This Class is a great cardiovascular workout that also improves coordination, agility, flexibility, and self-confidence. Registration is Required.

ZUMBA CLASS DESCRIPTIONS

Zumba classes are high-energy fitness classes that combine dance and aerobic exercises set to lively, upbeat music. Instructors lead participants through a series of choreographed moves that incorporate the elements of salsa, merengue, and other dance styles. Zumba is designed to be fun and accessible for all fitness levels, providing a full-body workout that improves cardiovascular health, coordination, and endurance.

Zumba Gold - Zumba Gold is a series designed specifically for active older adults, beginners, and other special populations that may need modifications for success. This program emphasizes the basics and is so easy to follow that people of any age can do it! It’s a refreshing Latin-inspired dance-fitness program that includes Merengue, Salsa, Cumbia, Flamenco, and Tango and is guaranteed to provide a safe and effective total-body workout.

Zumba - Zumba is a Latin-inspired dance fitness class that incorporates Latin and international music and dance movements, creating a dynamic, exhilarating, and effective fitness program. Zumba Fitness uniquely combines fast and slow rhythms that tone and sculpt the body using an aerobic fitness approach, providing a unique blend of cardio and muscle-toning benefits. It also creates a party-like atmosphere that provides a non-intimidating environment for non-dancers.

Aqua Class Schedule

All Pool Classes are 45 minutes in length

Monday

6:15 AM
Aquafit
8:00 AM
Aquafit
9:00 AM
Aquafit
10:00 AM
Aquafit
11:00 AM
Aquafit
12:00 PM
Aquafit
2:15 PM
Arthritis
5:00 PM
Aquafit
6:00 PM
Aquafit

Tuesday

6:15 AM
AquaFit
8:00 AM
AquaFit
9:00 AM
AquaFit
10:00 AM
AquaFit
1:00 PM
Arthritis
5:30 PM
Aquafit

Wednesday

8:00 AM
Aquafit
9:00 AM
Aquafit
10:00 AM
Aquafit
11:00 AM
Aquafit
12:00 PM
Aquafit
2:15 PM
Arthritis
5:30 PM
Aquafit

Thursday

6:15 AM
Aquafit
8:00 AM
Aquafit
9:00 AM
Aquafit
10:00 AM
Aquafit
11:00 AM
Aquafit
12:15 PM
Arthritis
6:15 PM
Aquafit

Friday

6:15 AM
Aquafit
8:00 AM
Aquafit
9:00 AM
Aquafit
10:00 AM
Aquafit
11:00 AM
Aquafit
2:15 PM
Arthritis

Saturday

8:30 AM
Aquafit

Sunday

9:30 AM
Aquafit

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AQUA CLASS DESCRIPTIONS

Aqua Fit

A fun and invigorating workout. Designed for all fitness levels, this low-impact workout utilizes the resistance of water to strengthen muscles and boost cardiovascular health, flexibility, core and mobility. Classes may incorporate aquatic exercise equipment. Discover the benefits of exercising in the water. Registration required.

Aqua Arthritis

A refreshing water-resistance workout improves strength, endurance, and range of motion for anyone with restricted mobility. Registration required.

Aqua Zumba

A water-based workout that blends high-energy Zumba moves with low-impact aqua fitness—adapting the movements of Zumba dance rhythms to the water and using the water to increase the participants' aerobic & muscular fitness. Registration required.

Yoga Class Schedule

Monday

12:15 PM (60 minutes)

Gentle Chair

5:30 PM (75 minutes)

Ayana

Tuesday

9:00 AM (60 minutes)

**Gentle Flow, Yin
& Restorative Mix
Level**

7:00 PM (75 minutes)

**Restorative Hatha
Mix Level**

Wednesday

12:15 PM (60 minutes)

Gentle Chair

Thursday

9:00 AM (75 minutes)

**Morning Flow Mix
Level**

10:30 AM (75 minutes)

**Restorative Mix
Level**

12:05 PM (50 minutes)

Hatha

7:00 PM (60 minutes)

Athletic

Friday

12:30 PM (60 minutes)

Synergy Mix Level

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YOGA CLASS DESCRIPTIONS

Gentle Chair

Moving gently through meditative poses and using a chair allows the yoga practice to be accessible, low-impact and supportive. This practice is beneficial for older adults, as well as those with limited mobility or recovering from an injury. Registration is required.

Ayana

Build strength, mobility and stability. Sign up weekly online, by phone, or in person, starting 24 hours in advance. Registration is required.

Morning Flow

This Yoga class will focus on the fundamentals and breath work. Working with the physical body can release stored tension and create space. There is a balance between effort and surrender. Working with the breath can still cause fluctuations in the mind, allowing the body and mind to align. Practised more slowly with static postures, each pose will be supported by providing different options. Registration is required.

Yin Restorative

A gentle yet powerful and therapeutic practice to soothe the nervous system, enhance immune function, promote recovery, and refill the energy cup. Combining Yin and restorative yoga postures along with breathing and meditation techniques that suit all ability levels. Yoga props and modifications are offered, but participants must be able to practice on a yoga mat as all postures are practiced close to the floor. Registration is required.

Athletic

This yoga class combines functional movement to enhance your natural range of motion, yoga conditioning for strength and resilience, anti-inflammatory Yin Yoga for tissue health and Restorative Yoga for recovery. You will also practice breathwork, meditation, and mental exercises tailored to the needs of athletic, active people. Improve your overall (casual and/or professional) athletic performance, and get ready for your next long run, big game, or competition! Registration is required.

Hatha

This Hatha Yoga class will focus on the fundamentals and breathwork. Working with the physical body can release stored tension, creating space. There is a balance between effort and surrender. Working with the breath can still the fluctuations of the mind, allowing the body and mind to align. Practiced more slowly with static postures, each pose will be supported by providing different options. Registration is required.

Spin Class Schedule

Monday

8:00 AM (45 minutes)
Spin and Core

Tuesday

7:00 AM (40 minutes)
Spin Variety

8:00 AM (40 minutes)
Spin Variety

Wednesday

8:00 AM (45 minutes)
Spin and Core

Thursday

7:00 AM (40 minutes)
Spin Variety

8:00 AM (40 minutes)
Spin Variety

Friday

8:00 AM (45 minutes)
Spin Row and Core

Saturday

9:00 AM (60 minutes)
Training Ride

Barre Class Schedule

Tuesday

6:00 PM (60 minutes)
Studio C Lower Level
Barre Star

Thursday

7:00 AM (60 minutes)
Pilates Studio
Barre Boot Camp

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SPIN CLASS DESCRIPTIONS

Variety

This class includes a variety of rides from Interval to LA Bath and Strength. Participants MUST bring earphones to plug into our Listen audio system. Registration is required.

Spin and Core

Join this class for a fast, high-energy 30-minute spin followed by 15 minutes of core strengthening and a stretch. Participants MUST bring earphones to plug into our Listen audio system. Registration is required.

Spin and Row

You'll alternate between the heart-pumping and aerobic challenge of the indoor cycle and the benefits of total-body and aerobic conditioning on the rower. This class is designed for all fitness levels. Participants MUST bring earphones to plug into our Listen audio system. New participants, please arrive 10 minutes before the class. Registration is required.

Spin, Row and Core

This class combines the benefits of indoor cycling and rowing. Participants will alternate between the heart-pumping and aerobic challenge of the indoor cycle and the benefits of total-body and aerobic conditioning on the rower. They will finish the class with core strengthening and a stretch. Participants MUST bring earphones to plug into our Listen audio system. New participants, please arrive 10 minutes before the class. Registration is required.

Training Ride

This one-hour workout consists of flats, hills, sprints and drills. Participants MUST bring earphones to plug into our Listen audio system. Registration is required.

Triple R

Cycling combined with the instructor's choice of cardio drills – from race day events to HIIT – keeps your heart rate up and pushes you to reach your goals! Participants MUST bring earphones to plug into our Listen audio system. Registration is required.

BARRE CLASS DESCRIPTIONS

Barre Classes

These low-impact, full-body workouts blend ballet, pilates, yoga and fitness elements. Exercises are performed at a ballet barre, combined with bodyweight exercises. It may include various fitness equipment to add variety and challenge you. Barre classes focus on improving, strength, flexibility, balance and posture.

Barre Star

This ballet-inspired workout, suitable for any skill level, will help you build a strong core and firm glutes while toning hard-to-target muscles in your legs and feet. It will also improve your body awareness, flexibility, balance, and posture in a fun, interactive environment. Registration is required.

Barre Boot Camp

This class combines traditional Barre techniques that tone, tighten, and lengthen with interval training. Barre Boot Camp uses small fitness props like gliders, tubing, and mini stability balls. This athletic-style, full-body workout will complement your training, shake your workouts, and keep your muscles guessing. Registration is required.

Pilates Schedule:

No classes Aug 4



Drop-in class



Seasonal class

Monday

The RCC

9:30 - 10:30 a.m.
July 14 - Aug 25

Cont. Level 1

10:45 - 11:45 a.m.

Beginner

12:00 - 1:00 p.m.

Cont. Level 1

5:30 - 6:30 p.m.

Tuesday

Cont. Level 2

10:30 - 11:30 a.m.
July 8 - Aug 26

Athletic

12:05 - 12:50 p.m.

Beginner

4:15 - 5:15 p.m.

Cont. Level 1

5:30 - 6:30 p.m.

Beginner

6:45 - 7:45 p.m.

Wednesday

Athletic

9:30 - 10:30 a.m.

Cont. Level 1

10:45 - 11:45 a.m.

Intermediate

5:15 - 6:15 p.m.
July 9 - Aug 27

Intro

7:00 - 8:00 p.m.
July 9, 23 - Lori
Aug 6, Aug 20 - Jill

Thursday

Mat Mixel Level

9:30 - 10:30 a.m.
July 17 - Aug 28

The RCC

10:45 - 11:45 a.m.

Athletic

12:05 - 12:50 p.m.

Power Mix

6:30 - 7:30 p.m.

Friday

Saturday

Athletic

9:15 - 10:15 a.m.

Advanced

10:30 - 11:30 a.m.
July 5 - Aug 30

Cont. Level 1

11:45 - 12:45 p.m.

Sunday

Intro

9:00 - 10:00 a.m.
Aug 16, Aug 23

Court Sports / Gym Floor Schedule

Effective July 2nd, 2025

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday										
East Gym	West Gym	East Gym	West Gym	East Gym	West Gym	East Gym	West Gym	East Gym	West Gym	East Gym	West Gym	East Gym	West Gym									
Bookable Courts Badminton & Pickleball 5:15am - 8:15am	Open Gym 5:00am - 9:15am	Bookable Courts Badminton & Pickleball 5:15am - 8:15am	Open Gym 5:00am - 9:15am	Bookable Courts Badminton & Pickleball 5:15am - 8:15am	Open Gym 5:00am - 9:15am	Bookable Courts Badminton & Pickleball 5:15am - 8:15am	Open Gym 5:00am - 9:15am	Bookable Courts Badminton & Pickleball 5:15am - 8:15am	Open Gym 5:00am - 9:15am													
Drop-In Badminton & Pickleball Paddle System 8:15am - 12:00pm		Drop-In Badminton & Pickleball Paddle System 8:15am - 12:00pm		Drop-In Badminton & Pickleball Paddle System 8:15am - 12:00pm		Drop-In Badminton & Pickleball Paddle System 8:15am - 12:00pm		Drop-In Badminton & Pickleball Paddle System 8:15am - 12:00pm		Drop-In Badminton & Pickleball Paddle System 8:15am - 12:00pm	Drop-In Badminton & Pickleball Paddle System 8:15am - 12:00pm	Drop-In Badminton & Pickleball Paddle System 8:15am - 12:00pm	Drop-In Badminton & Pickleball Paddle System 7:15 - 10:15am	Open Gym 7:00am - 7:30am	Drop-In Badminton & Pickleball Paddle System 7:15am - 10:15am							
																	Stretch Class	Stretch Class	Stretch Class	Stretch Class	Stretch Class	
																	Open Gym 9:30am - 10:15am	Volleyball 9:30am - 11:00am	Open Gym 9:30am - 10:15am	Open Gym 9:30am - 10:15am	Open Gym 9:30am - 10:15am	
																	Stretch & Strength	10:15am Stretch & Strength (in Yoga Studio)	Stretch & Strength	Drop-In Paddle System 10:30am - 11:45am	Stretch & Strength	Pickleball 101 10:30am - 11:15am
																	Open Gym 10:30am - 11:15am	Stretch Class	Stretch Class	Stretch Class	Stretch Class	Stretch Class
Bookable Courts Badminton & Pickleball 12:00pm - 3:00pm	Group Training 12:00pm - 1:00pm	Bookable Courts Badminton & Pickleball 12:00pm - 5:15pm	Open Gym 11:30pm - 1:15pm	Bookable Courts Badminton & Pickleball 12:00pm - 5:15pm	Group Training 12:00pm - 1:00pm	Bookable Courts Badminton & Pickleball 12:00pm - 5:15pm	Open Gym 11:30am - 1:15pm	Bookable Courts Badminton & Pickleball 12:00pm - 5:15pm	Group Training 12:00am - 1:00pm	Bookable Courts Badminton & Pickleball 10:15am - 6:45pm	Open Gym 9:00am - 6:45pm	Bookable Courts Badminton & Pickleball 10:15am - 6:45pm	Open Gym 7:00am - 6:45pm									
	Stretch Class													Stretch Class	Stretch Class	Stretch Class	Stretch Class					
	Open Gym 1:30pm - 2:15pm													Open Gym 1:30pm - 2:15pm	Open Gym 1:30pm - 2:15pm	Open Gym 1:30pm - 2:15pm	Open Gym 1:30pm - 2:15pm					
	Stretch Class													Stretch Class	Stretch Class	Stretch Class	Stretch Class					
Pickleball 101 3:00pm - 3:45pm	Open Gym 2:30pm - 5:15pm		Open Gym 2:30pm - 5:15pm		Open Gym 2:30pm - 5:15pm		Open Gym 2:30pm - 5:15pm															
Bookable Courts Badminton & Pickleball 3:45pm - 5:15pm																						
Drop-In Badminton & Pickleball Paddle System 5:15pm - 9:00pm	Drop-In Badminton & Pickleball Paddle System 5:15pm - 9:00pm	Drop-in Badminton and Pickleball Paddle System 5:15pm - 6:45pm	Peak Time: Basketball 5:15pm - 6:15pm	Peak Time: Full Court Basketball 5:15pm - 8:45pm	Group Training 6:30pm - 7:30pm	Peak Time: Basketball 5:15pm - 9:00pm	Group Training 5:30pm - 6:30pm	Drop-In Badminton & Pickleball Paddle System 5:15pm - 8:45pm	Peak Time: Basketball 6:15pm - 8:45pm					6:45pm COURTS CLOSED		6:45pm COURTS CLOSED						
		Pickleball 101 6:45pm - 7:30pm	Group Training 6:30pm - 7:30pm											7:00pm BUILDING CLOSED		7:00pm BUILDING CLOSED						
		Drop-in Badminton and Pickleball Paddle System 7:30pm - 9:00pm	Peak Time: Basketball 7:45pm - 9:00pm																			
Bookable Courts Badmiton & Pickleball 9:00pm - 10:45pm	Open Gym 9:00pm - 10:45pm	Bookable Courts Badminton & Pickleball 9:00pm - 10:45pm	Open Gym 9:00pm - 10:45pm	Bookable Courts Badminton & Pickleball 9:00pm - 10:45pm	Open Gym 9:00pm - 10:45pm	Bookable Courts Badminton & Pickleball 9:00pm - 10:45pm	Open Gym 9:00pm - 10:45pm	8:45pm COURTS CLOSED 9:00pm BUILDING CLOSED														
10:45pm COURTS CLOSED		10:45pm COURTS CLOSED		10:45pm COURTS CLOSED		10:45pm COURTS CLOSED																
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Open Gym																						
Bookable Courts (Badminton & Pickleball)																						
Drop-In Badminton and Pickleball (Paddle System)																						
Pickleball 101																						
Stretch Classes																						
Group Training																						
Volleyball																						
Peak Time: Basketball																						
Children's Programs																						

Open Gym
Bookable Courts (Badminton & Pickleball)
Drop-In Badminton and Pickleball (Paddle System)
Pickleball 101
Stretch Classes
Group Training
Volleyball
Peak Time: Basketball
Children's Programs