

# Studio Class Schedule

## Monday

**Boot Camp**  
6:00 AM (55 minutes)

**Body Blend**  
8:00 AM (55 minutes)

**Cardio Combo**  
9:00 AM (55 minutes)

**Zumba Gold**  
10:15 AM (55 minutes)

**Boot Camp**  
12:05 PM (45 minutes)

**PACE**  
1:05 PM (55 minutes)

**TRX Fit**  
4:30 PM (55 minutes)

**Step Express**  
5:30 PM (55 minutes)

**Strong and Calm**  
6:30 PM (70 minutes)

## Tuesday

**Barbell Flex**  
9:00 AM (55 minutes)

**Posture Perfect**  
10:15 AM (55 minutes)

**Zumba**  
12:05 PM (45 minutes)

**Step Express**  
4:30 PM (55 minutes)

**TRX Fit**  
5:30 PM (55 minutes)

**Zumba**  
7:00 PM (60 minutes)

## Wednesday

**Boot Camp**  
6:00 AM (55 minutes)

**Strength Fit**  
8:00 AM (55 minutes)

**Boot Camp**  
9:00 AM (55 minutes)

**Prime Time Cardio**  
10:15 AM (55 minutes)

**Drum Dance**  
12:05 PM (60 minutes)  
until April 22

**Zumba Step**  
1:15 PM (60 minutes)  
until April 22

**Strength Fit**  
4:30 PM (55 minutes)

**Spice it up**  
5:30 PM (55 minutes)

**Drum Dance**  
6:30 PM (45 minutes)  
until April 29

## Thursday

**TRX Fit**  
6:00 AM (55 minutes)

**Sweat & Sculpt**  
9:00 AM (55 minutes)

**Strength & Stretch**  
10:15 AM (55 minutes)

**Barbell Flex**  
12:05 PM (45 minutes)

**PACE**  
1:15 PM (55 minutes)

**Cardio Fusion**  
4:30 PM (55 minutes)

**VIPR Strong**  
5:30 PM (55 minutes)

**Barbell Flex**  
7:00 PM (55 minutes)

## Friday

**Boot Camp**  
6:00 AM (55 minutes)

**Total Body Circuit**  
8:00 AM (45 minutes)

**Boot Camp**  
9:00 AM (55 minutes)

**Zumba Gold**  
10:15 AM (45 minutes)

**Zumba Toning**  
11:05 AM (45 minutes)

**TRX Fit**  
12:05 PM (45 minutes)

**Step Express**  
5:30 PM (55 minutes)

**Zumba**  
7:00 PM (60 minutes)

## Saturday

**Body Blend**  
8:00 AM (45 minutes)

**Boot Camp**  
10:15 AM (55 minutes)

## Sunday

**Strength Fit**  
9:00 AM (55 minutes)

**Cardio Combo**  
10:15 PM (55 minutes)

Spring 2026

This schedule print out might be out of date!

For the most current version, see:

[wellnessinstitute.ca/schedule](http://wellnessinstitute.ca/schedule)

## FUSION CLASSES

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 CLASSES

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 CLASSES

Cardiovascular-based classes focus on improving heart health, endurance and overall

**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 CLASSES

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 CLASSES

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 CLASSES

**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.

## ZUMBA CLASSES

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.

**Zumba Step** - A steady-state aerobics fitness class that combines traditional step aerobics with Latin-inspired dance, specifically designed to tone the lower body and core. Using a step riser, participants engage in choreographed, rhythmic movements. Rhythms include salsa, cha cha, merengue, bachata, and upbeat styles such as funk, disco, pop, and house. Suitable for all fitness levels.

# Aqua Class Schedule

All Pool Classes are 45 minutes in length

## Monday

**Aquafit**

6:15 AM

**Aquafit**

8:00 AM

**Aquafit**

9:00 AM

**Aquafit**

10:00 AM

**Aquafit**

11:00 AM

**Aquafit**

12:00 PM

**Arthritis**

2:15 PM

**Aquafit**

5:00 PM

**Aquafit**

6:00 PM

## Tuesday

**AquaFit**

6:15 AM

**AquaFit**

8:00 AM

**AquaFit**

9:00 AM

**Aqua Fit**

10:00 AM

**Aqua Zumba**

11:00 AM

**Arthritis**

1:00 PM

**Aquafit**

5:30 PM

**Aquafit**

6:30 PM

## Wednesday

**Aquafit**

6:15 AM

**Aquafit**

8:00 AM

**Aquafit**

9:00 AM

**Aquafit**

10:00 AM

**Aquafit**

11:00 AM

**Aquafit**

12:00 PM

**Arthritis**

2:15 PM

**Aquafit**

5:30 PM

**Aquafit**

6:30 PM

## Thursday

**Aquafit**

6:15 AM

**Aquafit**

8:00 AM

**Aquafit**

9:00 AM

**Aquafit**

10:00 AM

**Aquafit**

11:00 AM

**Arthritis**

12:15 PM

**Aquafit**

6:15 PM

**Aquafit**

7:15 PM

## 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

**Aquafit**

8:30 AM

**Aquafit**

9:30 AM

## Sunday

**Aquafit**

8:30 AM

**Aquafit**

9:30 AM

Spring 2026

This schedule print out might be out of date!

For the most current version, see:

[wellnessinstitute.ca/schedule](http://wellnessinstitute.ca/schedule)

## **AQUA CLASSES**

Registration required.

### **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.

### **Aqua Arthritis**

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

### **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.

# Yoga Class Schedule

## Monday

### Flow Rise & Shine

9:00 AM (60 minutes)

### Gentle Stretch & Relax

10:15 AM (60 minutes)

### Gentle Chair

12:15 PM (60 minutes)

### Ayana

5:30 PM (75 minutes)

### Yoga Flow

7:00 PM (60 minutes)

## Tuesday

### Kaiut

9:00 AM (60 minutes)

### Vinyasa Flow

12:05 PM (60 minutes)

### Yoga Flow

5:00 PM (60 minutes)

### Restorative Moonlight

7:00 PM (60 minutes)

## Wednesday

### Morning Flow

9:00 AM (75 minutes)

### Restorative

10:30 AM (75 minutes)

### Gentle Chair

12:15 PM (60 minutes)

### Kaiut

5:30 PM (60 minutes)

### Serenity Strength

6:45 PM (60 minutes)

## Thursday

### Block Therapy

10:45 AM (60 minutes)

### Hatha

12:05 PM (60 minutes)

### Athletic

6:00 PM (60 minutes)

### Yin Yoga Meditation

7:15 PM (60 minutes)

## Friday

### Morning Flow

9:00 AM (75 minutes)

### Restorative

10:30 AM (75 minutes)

### Gentle Chair

12:15 PM (60 minutes)

## Saturday

### Kaiut

9:30 AM (60 minutes)

## Sunday

### Yoga Flow

9:00 AM (60 minutes)

Spring 2026

This schedule print out might be out of date!

For the most current version, see:

[wellnessinstitute.ca/schedule](https://wellnessinstitute.ca/schedule)

## YOGA CLASSES

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!

### **Ayana**

Build strength, mobility and stability.

### **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.

### **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.

### **Kaiut**

EVERYBODY – and EVERY BODY! It is based on simple shapes/poses to create a yoga format accessible to everyone, regardless of flexibility, strength, age, or experience. It is designed to work through injuries and chronic pain, general aches and stiffness, and as a tool to assist with stress management. A biomechanical yoga practice focusing on the joints rather than muscle stretching is intended to increase freedom of movement and restore the natural structure.

### **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.

### **Restorative Moonlight**

Unwind from your day with this gentle, slow, and restorative Hatha Yoga class. Primarily practiced close to the floor and/or at a wall, this class is for everyone who wants to experience the art of stillness, guided breathing exercises for more profound relaxation, and a deep connection to body and mind. The class is beginner-friendly but requires the ability to practice on hands and knees, seated on the floor, and the back for a more extended period.

### **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.

### **Yin Yoga Meditation**

This all-level, beginner friendly yin yoga class is an invitation to turn inward and connect With the wisdom of your body. Long held passive shapes, intentional breath work, and guided meditation, you'll gently explore the therapeutic power of stillness and an introspective practice. Inspired by principles of traditional Chinese medicine and backed by modern science, each session is designed to support the health of your connective tissues, to regulate the nervous system, and to create spaciousness in both body and mind.

### **Spring Chakra Tune Up**

This 8-class series of Hatha Yoga will focus on each of the 7 main chakras, which are part of the Yogic energetic body. The practices are designed to influence the flow of prana (life force energy) to impact physical and emotional health, and to promote a sense of equilibrium and well-being.

Saturdays, March 7 – April 25 – 11:00 – 12:00 PM

### **Block Therapy**

If you suffer with chronic muscle tightness, strain or pain, this program is for you. Repetitive movement patterns, including posture, can lead to ingrained patterns in the muscles and fascia. Block therapy is a method of myofascial release that can melt away adhesions, restoring flexibility and reducing pain.

# Spin Class Schedule

## Monday

### Spin and Core

8:00 AM (45 minutes)

### Spin and Row

10:15 AM (40 minutes)

## Tuesday

### Spin Variety

7:00 AM (40 minutes)

### Spin Variety

8:00 AM (40 minutes)

### Spin Row

12:05 AM (40 minutes)

## Wednesday

### Spin and Core

8:00 AM (45 minutes)

### Spin Row

10:15 AM (40 minutes)

### Spin Variety

6:45 PM (40 minutes)

## Thursday

### Spin Variety

7:00 AM (40 minutes)

### Spin Variety

8:00 AM (40 minutes)

## Friday

### Spin Row and Core

8:00 AM (45 minutes)

### Spin and Row

10:15 AM (40 minutes)

## Saturday

### Training Ride

9:00 AM (60 minutes)

## Sunday

### Double R

9:00 AM (60 minutes)

# Barre Class Schedule

## Tuesday

### Barre Star

6:00 PM (60 minutes)

Studio C Lower Level

## Thursday

### Barre Boot Camp

7:00 AM (60 minutes)

Pilates Studio

Spring 2026

This schedule print out might be out of date!

For the most current version, see:

[wellnessinstitute.ca/schedule](https://wellnessinstitute.ca/schedule)

## **SPIN CLASSES**

### **Spin 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.

### **Double 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! Registration is required.

## **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:

Drop-In Classes Begin April 1  
No classes: April 3, 5 and May 18

 Drop-in class

 Seasonal class

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>The RCC</b> 9:30 - 10:30 a.m. <i>Apr 6 - June 15</i>	<b>Beginner</b> 7:00 - 8:00 a.m.	<b>Athletic</b> 9:30 - 10:30 a.m.	<b>Mat Mixel Level</b> 9:30 - 10:30 a.m. <i>Apr 9 - June 18</i>	<b>Beginner</b> 8:00 - 9:00 a.m.	<b>Beginner</b> 8:00 - 9:00 a.m.	<b>Cont. Level 1</b> 9:00 - 10:00 a.m.
<b>Cont. Level 1</b> 10:45 - 11:45 a.m.	<b>Cont. Level 2</b> 10:30 - 11:30 a.m. <i>Apr 7 - June 30</i>	<b>Cont. Level 1</b> 10:45 - 11:45 a.m.	<b>Power Mix</b> 10:45 - 11:45 p.m.	<b>Cont. Level 1</b> 9:15 - 10:15 p.m.	<b>Athletic</b> 9:15 - 10:15 a.m.	<b>Beginner</b> 10:15 - 11:15 a.m.
<b>Beginner</b> 12:00 - 1:00 p.m.	<b>Athletic</b> 12:05 - 12:50 p.m.	<b>Beginner</b> 12:00 - 1:00 p.m.	<b>Athletic</b> 12:05 - 12:50 p.m.	<b>Beginner</b> 10:45 - 11:45 p.m.	<b>Advanced</b> 10:30 - 11:30 a.m. <i>Apr 11 - June 27</i>	<b>Intro</b> 11:30 - 12:30 p.m. <i>Apr 19 May 3, 31 June 14, 18</i>
<b>Mat</b> 5:30 - 6:30 p.m. <i>Feb 23 - Mar 30 Apr 6 - May 11</i>	<b>Cont. Level 1</b> 5:30 - 6:30 p.m.	<b>Pelvic Floor and Core on the Reformer</b> 4:00 - 5:00 p.m. <i>Mar 18 - May 6</i>	<b>Athletic</b> 5:30 - 6:30 p.m.	<b>Beginner</b> 4:30 - 5:30 p.m.	<b>Cont. Level 1</b> 11:45 - 12:45 p.m.	
<b>Cont. Level 2</b> 6:45 - 7:45 p.m. <i>Apr 6 - May 11</i>	<b>Beginner</b> 6:45 - 7:45 p.m.	<b>Intermediate</b> 5:30 - 6:30 p.m. <i>Apr 8 - June 24</i>	<b>Pilates Reformer Golf Conditioning</b> 6:45 - 7:45 p.m. <i>Feb 19 - Mar 26 Apr 2 - May 14</i>			
		<b>Beginner</b> 6:45 - 7:45 p.m.	<b>Intro</b> 8:00 - 9:00 p.m. <i>Apr 9, 23 May 7, 21, 28 June 11, 18</i>			
		<b>Cont. Level 1</b> 8:00 - 9:00 p.m.				

Spring 2026  
This schedule print out might be out of date!  
For the most current version, see:  
[wellnessinstitute.ca/schedule](https://wellnessinstitute.ca/schedule)