

Studio Class Schedule

Monday

Bootcamp

6:00 - 6:55 a.m.

Body Blend

8:00 - 8:45 a.m.

Cardio Combo

9:00 - 9:55 a.m.

Strength & Stretch

10:15 - 11:10 a.m.

Barbell Flex

12:05 - 12:50 p.m.

PACE

1:15 - 2:10 p.m.

TRX Fit*

4:30 - 5:25 p.m.

Spice It Up

5:30 - 6:25 p.m.

Tuesday

Barbell Flex

9:00 - 9:55 a.m.

Posture Perfect

10:15 - 11:10 a.m.

Zumba Gold

10:15 - 11:00 a.m.

Zumba Toning

11:05 - 11:50 a.m.

Zumba

12:05 - 1:00 p.m.

TRX Fit

12:05 - 12:50 p.m.

Strength Fit

4:30 - 5:25 p.m.

Barbell Flex

7:00 - 7:55 p.m.

Wednesday

Bootcamp

6:00 - 6:55 a.m.

Strength Fit

8:00 - 8:55 a.m.

Bootcamp

9:00 - 9:55 a.m.

Bootcamp

10:15 - 11:10 a.m.

Bootcamp

12:05 - 1:00 p.m.

Strength Fit

9:00 - 9:55 a.m.

ViPR Strong

5:30 - 6:25 p.m.

Strong & Calm

6:30 - 7:40 p.m.

Thursday

TRX Fit

6:00 - 6:55 a.m.

Sweat & Sculpt

9:00 - 9:55 a.m.

Zumba

9:00 - 10:00 a.m.

Zumba Gold

10:15 - 11:10 a.m.

PACE

1:05 - 2:00 p.m.

Cardio Fusion

4:30 - 5:25 p.m.

TRX Fit

5:30 - 6:30 p.m.

Zumba

7:00 - 8:00 p.m.

Starts Sep. 11

Friday

Total Body Circuit

8:00 - 8:45 a.m.

Bootcamp

9:00 - 9:55 a.m.

Drum Dance

12:05 - 1:00 p.m.

Circl Mobility

1:15 - 2:15 p.m.

Step Express

4:30 - 5:25 p.m.

Step Express

5:30 - 6:25 p.m.

Zumba

7:00 - 8:00 p.m.

Saturday

Body Blend

8:00 - 8:45 a.m.

Prime Time Cardio

10:15 - 11:10 a.m.

Sunday

Cardio Combo

10:15 - 11:10 a.m.

Step Express

5:30 - 6:25 p.m.

Fall 2026

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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

Aqua Fit

6:00 - 6:45 a.m.

Aqua Fit

7:00 - 7:45 a.m.

Aqua Fit

8:00 - 8:45 a.m.

Aqua Fit

9:00 - 9:45 a.m.

Aqua Fit

10:00 - 10:45 a.m.

Aqua Zumba

11:00 - 11:45 a.m.

Aqua Arthritis

1:00 - 1:45 p.m.

Aqua Fit

5:30 - 6:15 p.m.

Aqua Fit

6:30 - 7:15 p.m.

Tuesday

Aqua Fit

6:15 - 7:00 a.m.

Aqua Fit

8:00 - 8:45 a.m.

Aqua Fit

9:00 - 9:45 a.m.

Aqua Fit

10:00 - 10:45 a.m.

Aqua Fit

11:00 - 11:45 a.m.

Aqua Fit

12:00 - 12:45 p.m.

Aqua Arthritis

2:15 - 3:00 p.m.

Aqua Fit

5:30 - 6:15 p.m.

Aqua Fit

6:30 - 7:15 p.m.

Wednesday

Aqua Fit

6:15 - 7:00 a.m.

Aqua Fit

8:00 - 8:45 a.m.

Aqua Fit

9:00 - 9:45 a.m.

Aqua Fit

10:00 - 10:45 a.m.

Aqua Fit

11:00 - 11:45 a.m.

Aqua Arthritis

12:15 - 1:00 p.m.

Aqua Fit

6:15 - 7:00 p.m.

Aqua Fit

7:15 - 8:00 p.m.

Thursday

Aqua Fit

6:15 - 7:00 a.m.

Aqua Fit

8:00 - 8:45 a.m.

Aqua Fit

9:00 - 9:45 a.m.

Aqua Fit

10:00 - 10:45 a.m.

Aqua Fit

11:00 - 11:45 a.m.

Aqua Fit

12:00 - 12:45 p.m.

Aqua Arthritis

2:15 - 3:00 p.m.

Aqua Ai Chi

4:00 - 4:45 p.m.

Aqua Fit

5:00 - 5:45 p.m.

Aqua Fit

6:00 - 6:45 p.m.

Friday

Aqua Fit

6:15 - 7:00 a.m.

Aqua Fit

8:00 - 8:45 a.m.

Aqua Fit

9:00 - 9:45 a.m.

Aqua Fit

10:00 - 10:45 a.m.

Aqua Fit

11:00 - 11:45 a.m.

Aqua Fit

12:00 - 12:45 p.m.

Aqua Arthritis

2:15 - 3:00 p.m.

Aqua Fit

5:00 - 5:45 p.m.

Saturday

Aqua Fit

8:30 - 9:15 a.m.

Aqua Fit

9:30 - 10:15 a.m.

Sunday

Aqua Fit

8:30 - 9:15 a.m.

Aqua Fit

9:30 - 10:15 a.m.

Aqua Fit

1:00 - 1:45 p.m.

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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 - 10:00 a.m.

Gentle Stretch & Relax

10:15 - 11:15 a.m.

Gentle Chair

12:15 - 1:15 p.m.

Ayana

5:30 - 6:45 p.m.

Tuesday

Kaiut

9:00 - 10:00 a.m.

Vinyasa Flow

12:05 - 1:05 p.m.

Flow

5:30 - 6:30 p.m.

Restorative Moonlight

7:00 - 8:00 p.m.

Wednesday

Morning Flow

9:00 - 10:15 a.m.

Restorative

10:30 - 11:15 a.m.

Gentle Chair

12:15 - 1:15 p.m.

Kaiut

5:30 - 6:45 p.m.

Thursday

Kaiut

8:00 - 9:00 a.m.

Block Therapy

10:45 - 11:45 a.m.

Hatha

12:05 - 1:05 p.m.

Athletic

6:00 - 7:00 p.m.

Serenity Strength

6:45 - 7:45 p.m.

Friday

Morning Flow

9:00 - 10:15 a.m.

Restorative

10:30 - 11:45 a.m.

Gentle Chair

12:15 - 1:15 p.m.

Flow

7:00 - 8:00 p.m.

Yin Meditation

7:15 - 8:15 p.m.

Saturday

Kaiut

9:30 - 10:30 a.m.

Block Therapy

10:30 - 11:30 a.m.

Room 4

Yin

11:00 a.m. - 12:00 p.m.

Begins Sep. 19

Sunday

Flow

9:00 - 10:00 a.m.

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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.

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 & Core
8:00 - 8:45 a.m.

Spin & Row
10:15 - 10:55 a.m.

Tuesday

Spin Variety
7:00 - 7:40 a.m.

Spin Variety
8:00 - 8:40 a.m.

Spin 101
6:30 - 7:15 p.m.
Sep. 15

Wednesday

Spin & Core
8:00 - 8:45 a.m.

Spin & Row
10:15 - 10:55 a.m.

Spin Variety
6:45 - 7:25 p.m.

Thursday

Spin Variety
7:00 - 7:40 a.m.

Spin Variety
8:00 - 8:40 a.m.

Spin 101
10:30 - 11:15 a.m.
Sep. 17

Friday

Spin Row & Core
8:00 - 8:45 a.m.

Double R
9:00 - 10:00 a.m.

Spin & Row
10:15 - 10:55 a.m.

Saturday

Training Ride
9:00 - 10:00 a.m.

Sunday

Spin 101
10:15 - 11:00 a.m.
Sep. 27

Barre Class Schedule

Monday

Barre Boot Camp
12:15 - 1:00 p.m.
Begins Sep. 14

Wednesday

Raise the Barre
6:00 - 7:00 p.m.

Thursday

Morning Flow Barre
7:00 - 8:00 a.m.

Sunday

Raise the Barre
4:00 - 5:00 p.m.
Begins Sep. 13

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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:

Fall Schedule Begins September 14
No classes: September 7, September 30, October 12, November 11



Drop-in class



Sessional class

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
The RCC 9:30 - 10:30 a.m. <i>Sep 14 - Dec 7</i>	Beginner 7:00 - 8:00 a.m.	Athletic 9:30 - 10:30 a.m.	Mat Mixed Level 9:20 - 10:20 a.m. <i>Sep 10 - Dec 10</i>	Beginner 8:00 - 9:00 a.m.	Beginner 8:00 - 9:00 a.m.	Cont. Level 1 9:40 - 10:40 a.m.
Cont. Level 1 10:45 - 11:45 a.m.	Cont. Level 2 10:30 - 11:30 a.m. <i>Sep 8 - Nov 24</i>	Cont. Level 1 10:45 - 11:45 a.m.	Athletic 12:05 - 1:00 p.m.	Cont. Level 1 9:15 - 10:15 a.m.	Athletic 9:15 - 10:15 a.m.	Beginner 10:50 - 11:50 a.m.
Beginner 12:00 - 1:00 p.m.	Athletic 12:05 - 1:00 p.m.	Beginner 12:00 - 1:00 p.m.	Beginner 5:40 - 6:40 p.m.	Athletic 10:45 - 11:45 a.m.	Advanced 10:30 - 11:30 a.m. <i>Sep 12 - Nov 28</i>	Athletic 12:00 - 1:00 p.m..
Baby & Me 1:30 - 2:15 p.m. <i>Sep 14 - Oct 26 & Nov 2 - Dec 7</i>	Cont. Level 1 4:30 - 5:30 p.m.	Pelvic Floor and Core on the Reformer 4:00 - 5:00 p.m. <i>Sep 9 - Oct 28 & Nov 4 - Dec 23</i>	Cont. Level 1 6:50 - 7:50 p.m.	Beginner 4:20 - 5:20 p.m.	Cont. Level 1 11:45 - 12:45 p.m.	Intro 1:10 - 2:10 p.m. <i>Sept 20, Oct 4, 11, 18, 25, Nov 1, 8, 22, Dec 13, 27</i>
Athletic 4:30 - 5:30 p.m.	Cont. Level 1 5:30 - 6:30 p.m.	Intermediate 5:30 - 6:30 p.m. <i>Sep 9 - Nov 25</i>	Beginner/Intro 8:00 - 9:00 p.m. <i>Sept 10, Oct 1, 8, 15, 22, Nov 12, 19, Dec 3, 17</i>	Athletic 5:30 - 6:30 p.m.		
Beginner 5:40 - 6:40 p.m.	Cont. 1 & 2 6:45 - 7:45 p.m.	Cont. Level 1 6:50 - 7:50 p.m.				
Mat Mixed 5:45 - 6:45 p.m. <i>Oct 5 - Nov 9 (Rm 4)</i>		Cont. Level 1 8:00 - 9:00 p.m.				
Cont. Level 2 6:50 - 7:50 p.m. <i>Sep 14 - Dec 7</i>						

All participants new to Reformer Pilates must complete one Intro class before registering for Beginner or Continuing level classes. (Athletic and Power Mix classes do not require an Intro)

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