Studio Class Schedule

Monday

- **Boot Camp**
  6:00 - 6:55 a.m.
- **Body Blend**
  8:00 - 8:45 a.m.
- **Cardio Combo**
  9:00 - 9:55 a.m.
- **Zumba Gold**
  10:15 - 11:10 a.m.
- **Boot Camp**
  12:05 - 1:00 p.m.
- **Pace**
  1:15 - 2:10 p.m.
- **TRX Fit**
  4:30 - 5:25 p.m.
- **Step Express**
  5:30 - 6:25 p.m.
- **Strong & Calm**
  6:30 - 7:40 p.m.

Tuesday

- **Barbell Flex**
  9:00 - 9:55 a.m.
- **Posture Perfect**
  10:15 - 11:10 a.m.
- **Zumba**
  12:05 - 1:00 p.m.
- **Step Express**
  4:30 - 5:25 p.m.
- **Sweat & Sculpt**
  5:30 - 6:30 p.m.
- **Zumba**
  7:00 - 8:00 p.m.

Wednesday

- **Boot Camp**
  6:00 - 6:55 a.m.
- **Strength Fit**
  8:00 - 8:55 a.m.
- **Boot Camp**
  9:00 - 9:55 a.m.
- **Prime Time Cardio**
  10:15 - 11:10 a.m.
- **Drum Dance**
  12:05 - 1:00 p.m.
- **Circl Mobility**
  1:15 - 2:00 p.m.
- **Strength Fit**
  4:30 - 5:25 p.m.
- **Spice It Up**
  5:30 - 6:25 p.m.
- **Body Blend**
  8:00 - 8:45 a.m.

Thursday

- **TRX Fit**
  6:00 - 6:55 a.m.
- **Sweat & Sculpt**
  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.
- **Cardio Fusion**
  4:30 - 5:25 p.m.
- **ViPR Strong**
  5:30 - 6:25 p.m.
- **Barbell Flex**
  7:00 - 7:55 p.m.

Friday

- **Total Body Circuit**
  8:00 - 8:45 a.m.
- **Boot Camp**
  9:00 - 9:55 a.m.
- **Zumba Gold**
  10:15 - 11:00 a.m.
- **TRX Fit**
  12:05 - 12:50 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.
- **Zumba**
  9:00 - 10:00 a.m.
- **Boot Camp**
  10:15 - 11:10 a.m.

Sunday

- **Strength Fit**
  9:00 - 9:55 a.m.
- **Cardio Combo**
  10:15 - 11:10 a.m.



Classes with Resistance Training

Fall 2026
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For the most current version, see:
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.

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.

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.

Circl Mobility - combining the power of movement, mobility and flexibility. This comprehensive approach to well-being targets cardiovascular training, resistance training, mindfulness practices and mobility exercises. Whether you are a seasoned fitness enthusiast or just starting your wellness journey this class is for all.

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 Toning - This program takes the original Zumba® dance-fitness class to the next level by utilizing an innovative muscle training protocol and adding lightweight dumbbells. Created to emphasize muscle work along with rhythms, this combination of cardio and dynamic resistive exercises effectively uses progressive lightweight training to improve overall performance. This Latin-inspired dance 'n tone program also includes a combination of rhythms within the same songs, which adds to the fun and flavour. No class on Stat Holidays. No registration required.

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 Fit
11:00 - 11:45 a.m.

Aqua Fit
12:00 - 12:45 p.m.

Rehab Pool Class
12:45 - 2:15 p.m.

Aqua Arthritis
2:15 - 3:00 p.m.

Aqua Fit
5:00 - 5:45 p.m.

Aqua Fit
6:00 - 6:45 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 Zumba
11:00 - 11:45 a.m.

Water Barre
12:00 - 12:45 p.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.

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 Fit
12:00 - 12:45 p.m.

Rehab Pool Class Wednesday
12:45 - 2:15 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.

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 Arthritis
12:15 - 1:00 p.m.

Aqua Fit
6:15 - 7:00 p.m.

Aqua Fit
7:15 - 8:00 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.

Rehab Pool Class Friday
12:45 - 2:15 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.

Saturday

Aqua Fit
8:30 - 9:15 a.m.

Aqua Fit
9:30 - 10:15 a.m.

Aqua Fit
1:00 - 1:45 p.m.

Sunday

Aqua Fit
8:30 - 9:15 a.m.

Aqua Fit
9:30 - 10:15 a.m.

Fall 2026
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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 Ai-Chi
Ai Chi is Tai Chi adapted to the water. The warm Wellness pool creates a mind-body program with physical exercise that is profoundly inward focused. Slow down from your busy life and learn the beginnings of Tai Chi within a safe, gentle pool environment. Build strength and balance while moving in a slow, relaxed and graceful manner that's easy on joints.

Water Barre
Water Barre® is an innovative aquatic fitness experience that combines cardiovascular conditioning, resistance training, core strengthening, balance, mobility, and restorative movement into one flowing class. Designed to challenge participants while remaining gentle on the joints, WaterBarre encourages strength, stability, posture, and confidence through purposeful movement in the water.

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.

Flow
7:00 - 8:00 p.m.

Tuesday

Kaiut
9:00 - 10:00 a.m.

Vinyasa Flow
12:05 - 1:05 p.m.

Flow
5:45 - 6:45 p.m.

Restorative Moonlight
7:00 - 8:00 p.m.

Wednesday

Morning Flow
9:00 - 10:15 a.m.

Restorative
10:30 - 11:45 a.m.

Gentle Chair
12:15 - 1:15 p.m.

Kaiut
5:30 - 6:30 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.

Yin Meditation
7:15 - 8:15 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.

Saturday

Kaiut
9:30 - 10:30 a.m.

Block Therapy
10:30 - 11:30 a.m.

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

Sunday

Flow
9:00 - 10:00 a.m.

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YOGA CLASSES

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.

Flow
A varied sequence of Yoga asanas (postures) where movement is synchronized with the breath. Designed to improve muscle flexibility, strength and endurance – whole body fitness. Synchronization of breath and movement that encourage total human optimization

Flow Rise and Shine
Flow through a melodic meditation with motions designed to cultivate a connection between the breath and body movement. Sign up weekly online, by phone, or in person starting 24 hours in advance. No class on STAT Holidays.

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.

Gentle Stretch and Relax
Join us for a relaxing, soothing, and rejuvenating yoga class tailored to participants of all levels. In a welcoming and supportive environment, our experienced yoga teacher guides you step-by-step through a gentle, slow, and easy-to-understand practice, ensuring a beginner-friendly and non-intimidating experience. All sessions are floor-based, offering a combination of non-weight-bearing, hands-free postures, myofascial release techniques, meditation, and mindful breath awareness.

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
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. Weekly sign-up online, by phone, or in person starting 24 hours in advance.

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.

Serenity Strength
A Supple muscle is a strong and resilient muscle.....do you spend hours on your cardio and strength workouts only to end up with sore and stiff muscles and joints? Restore your body and balance out your workout program with this class.....a unique mix of Yoga, Pilates & fascial release methods using soft balls and flowing sequences, all designed to enhance mobility as well as maintain functional strength, balance and support of the spine. All levels welcome!

Vinyasa Flow
Flow through a melodic meditation with motions designed to cultivate a connection between the breath and movement of the body.

Yin
Yin Yoga is a slow-paced passive style of Yoga, where poses are held for longer periods of time to target the body's connective tissues, such as fascia and ligaments/joints rather than muscles.

Yin 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.

Wednesday

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

Spin & Row
10:15 - 10:45 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.

Friday

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

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

Saturday

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

Sunday

Double R - Ride & Run
9:00 - 10:00 a.m.

Barre Class Schedule

Monday

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

Tuesday

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

Thursday

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

Sunday

Raise the Barre
4:00 - 5:00 p.m.

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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 Ride & Run
45 min ride and run with 15 minute stretch .

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 Morning Flow
Low impact, high intensity class that combines ballet inspired movements with elements of Pilates, Yoga, and Core Strength. In this class, you will begin the day with fluid mindful movements, focusing on strengthening the entire body system (upper & lower strength and core work). No dance experience 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.

Raise the Barre
High energy, full body workout that blend Ballet inspired movements, Pilates, Yoga and conditioning. This class will help you build and boost your strength, endurance, and postural alignment. No dance experience required..

Pilates Schedule:

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

Drop-in class

Sessional class

Monday

The RCC
9:30 - 10:30 a.m.
Sep 14 – Dec 7

Cont. Level 1
10:45 - 11:45 a.m.

Beginner
12:00 - 1:00 p.m.

Baby & Me
1:30 - 2:15 p.m.
Sep 14 – Oct 26 &
Nov 2 – Dec 7

Beginner
5:40 - 6:40 p.m.

Mat Mixed
5:45 - 6:45 p.m.
Oct 5 – Nov 9 (Rm 4)

Cont. Level 2
6:50 - 7:50 p.m.
Sep 14 – Dec 7

Tuesday

Cont. Level 2
10:30 - 11:30 a.m.
Sep 8 – Nov 24

Athletic
12:05 - 1:00 p.m.

Cont. Level 1
4:30 - 5:30 p.m.

Cont. Level 1
5:30 - 6:30 p.m.

Cont. 1 & 2
6:45 - 7:45 p.m.

Wednesday

Athletic
9:30 - 10:30 a.m.

Cont. Level 1
10:45 - 11:45 a.m.

Beginner
12:00 - 1:00 p.m.

Pelvic Floor and Core on the Reformer
4:00 - 5:00 p.m.
Sep 9 – Oct 28 &
Nov 4 – Dec 23

Intermediate
5:30 - 6:30 p.m.
Sep 9 – Nov 25

Cont. Level 1
6:50 - 7:50 p.m.

Cont. Level 1
8:00 - 9:00 p.m.

Thursday

Mat Mixed Level
9:20 - 10:20 a.m.
Sep 10 – Dec 10

Athletic
12:05 - 1:00 p.m.

Beginner
5:40 - 6:40 p.m.

Cont. Level 1
6:50 - 7:50 p.m.

Beginner/Intro
8:00 - 9:00 p.m.
Sept 10,
Oct 1, 8, 15, 22,
Nov 12, 19, Dec 3, 17

Friday

Beginner
8:00 - 9:00 a.m.

Cont. Level 1
9:15 - 10:15 a.m.

Athletic
10:45 - 11:45 a.m.

Beginner
4:20 - 5:20 p.m.

Athletic
5:30 - 6:30 p.m.

Saturday

Beginner
8:00 - 9:00 a.m.

Athletic
9:15 - 10:15 a.m.

Advanced
10:30 - 11:30 a.m.
Sep 12 – Nov 28

Cont. Level 1
11:45 - 12:45 p.m.

Sunday

Cont. Level 1
9:40 - 10:40 a.m.

Beginner
10:50 - 11:50 a.m.

Athletic
12:00 - 1:00 p.m..

Intro
1:10 - 2:10 p.m.
Sept 20,
Oct 4, 11, 18, 25,
Nov 1, 8, 22,
Dec 13, 27

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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