

Monday

Time	Gym 1	Gym 2	Group Fitness Studio	Health Zone/ Walking Track	Conditioning Room	Boardroom	Multi-purpose Room #1	Multi-purpose Room #2	Youth Zone	Child & Family Centre	Main Pool (8 Lanes)								Leisure Pool	Dive Tank	Time						
											1	2	3	4	5	6	7	8									
5:30											Public Swim 5:30 AM - 10:30 PM										5:30						
6:00			Intense Intervals 6:00-6:45																							6:00	
6:30																										Deep 6:30-7:30	6:30
7:00																											7:00
7:30		Bootcamp 7:30-8:30																									7:30
8:00																											8:00
8:30																											8:30
9:00	Spring Break Camp (5-12 yrs) 8:30-12:30	Bootcamp 9:00-10:00	Chair Yoga 9:00-10:00																								9:00
9:30																											9:30
10:00				Intro Yoga 10:15-11:15																							
10:30					Healthy Hips & Knees 10:30-12:00															10:30							
11:00		Zumba Gold 11:15-12:00																	11:00								
11:30																			11:30								
12:00			Flow Yoga 12:00-1:00																12:00								
12:30																			12:30								
1:00	Adult Drop-in Competitive Pickleball 12:30-3:00		Intro Tai Chi 1:15-2:00	Healthy Hearts 12:30-2:00															1:00								
1:30																			1:30								
2:00																			2:00								
2:30																			2:30								
3:00	Spring Break Camp (5-12 yrs) 3:00-4:30	Youth Open Gym Time (10+ yrs) 3:00-5:30																	3:00								
3:30																			3:30								
4:00			Cycle/HIIT 3:30-4:30																4:00								
4:30				Youth Orient. (10-13 yrs) 4:00-4:45															4:30								
5:00																			5:00								
5:30																			5:30								
6:00		Group Strength 5:30-6:20	PiYo 5:45-6:45																6:00								
6:30																			6:30								
7:00																			7:00								
7:30			Cycle 7:00-7:50																7:30								
8:00	Adult Drop-in Recreational Pickleball 7:30-9:30		Flow Yoga 8:00-9:00																8:00								
8:30																			8:30								
9:00																			9:00								
9:30	Adult Drop-in Basketball (16+ yrs) 9:30-10:30																		9:30								
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10:30																			10:30								

Lanes used may be different than shown

Please show up early for group classes. To respect other participants, no admittance will be allowed after the class start time.



Family Friendly Classes ages 10+; 10-11-yr-olds must be accompanied by someone 16 yrs or older.

LEGEND:	Adults	Open Swim	Birthday Parties	Youth	Group Fitness	Swim Lessons	Childminding	Specialized Training	Registered	Children + Family	Small Group Training	Register Weekly
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Tuesday

Time	Gym 1	Gym 2	Group Fitness Studio	Health Zone/ Walking Track	Conditioning Room	Boardroom	Multi-purpose Room #1	Multi-purpose Room #2	Youth Zone	Child & Family Centre	Main Pool (8 Lanes)								Leisure Pool	Dive Tank	Time	
											1	2	3	4	5	6	7	8				
5:30																					5:30	
6:00		Intro Group Strength 6:00-6:45	Bootcamp 6:00-6:45																		6:00	
6:30																					6:30	
7:00			Stretch & Roll 7:00-7:45																		7:00	
7:30																					7:30	
8:00																					8:00	
8:30																					8:30	
9:00		Intense Group Strength 9:00-10:00	Yoga 9:00-10:00																		9:00	
9:30																					9:30	
10:00	Spring Break Camp (5-12 yrs) 8:30-12:30	Group Strength 10:15-11:10																			10:00	
10:30																					10:30	
11:00																						11:00
11:30			Fit for Life 50+ 11:30-12:15																			11:30
12:00			Cycle 12:00-12:50																		12:00	
12:30																					12:30	
1:00	Adult Drop-in Recreational Pickleball 12:30-3:00																				1:00	
1:30			School Rental																			1:30
2:00																						2:00
2:30																					2:30	
3:00	Spring Break Camp (5-12 yrs) 3:00-4:30	Youth Open Gym Time (10+ yrs) 3:00-5:30																			3:00	
3:30																					3:30	
4:00																						4:00
4:30																					4:30	
5:00																					5:00	
5:30																					5:30	
6:00			Prenatal Yoga 6:00-6:50																		6:00	
6:30		Group Kick 6:30-7:30																			6:30	
7:00			Bootcamp 7:00-8:00																		7:00	
7:30	Family Drop-in Badminton 7:30-9:30																				7:30	
8:00																						8:00
8:30																						8:30
9:00	Adult Drop-in Basketball (16+ yrs) 9:30-10:30																				9:00	
9:30																						9:30
10:00																						10:00
10:30	Lanes used may be different than shown																			10:30		

Please show up early for group classes. To respect other participants, no admittance will be allowed after the class start time.

Youth Orientations: 10-11yr Olds - Mandatory orientation with Adult 16+. Parent/Guardian or approved adult that will be attending with youth in Conditioning Room.

12-13yr Olds - Must have an orientation.

Shoe tag must be worn at all times while in the Conditioning Room

Wednesday

Time	Gym 1	Gym 2	Group Fitness Studio	Health Zone/ Walking Track	Conditioning Room	Boardroom	Multi-purpose Room #1	Multi-purpose Room #2	Youth Zone	Child & Family Centre	Main Pool (8 Lanes)								Leisure Pool	Dive Tank	Time							
											1	2	3	4	5	6	7	8										
5:30											Public Swim 5:30 AM - 10:30 PM										5:30							
6:00		Intro Step 6:15-6:45	Intense Intervals 6:00-6:45																									
6:30							Before School Care 6:30-8:30																			Deep 6:30-7:30	6:30	
7:00																											7:00	
7:30		Bootcamp 7:30-8:30																									7:30	
8:00																											8:00	
8:30																											8:30	
9:00	Spring Break Camp (5-12 yrs) 8:30-12:30																										9:00	
9:30		Barre 9:00-10:00	Chair Yoga II 9:00-10:00	Healthy Hearts 9:00-11:00																							Deep Aqua 9-10	9:30
10:00			School Rental																									10:00
10:30																				10:30								
11:00																			11:00									
11:30																			11:30									
12:00			Yoga 12:00-1:00																12:00									
12:30																			12:30									
1:00	Adult Drop-in Lawn Bowling (16+ yrs) 12:30-3:00	School Rental	Chair Tai Chi 1:15-2:00	Healthy Hearts 12:30-2:00															1:00									
1:30																				1:30								
2:00																					2:00							
2:30																			2:30									
3:00	Spring Break Camp (5-12 yrs) 3:00-4:30	Youth Open Gym Time (10+ yrs) 3:00-5:30																	3:00									
3:30				Cycle/HIIT 3:30-4:30																3:30								
4:00				Gentle Yoga 4:45-5:45	Youth Orient. (10-13 yrs) 4:00-4:45															4:00								
4:30																			4:30									
5:00																			5:00									
5:30		Group Strength 5:30-6:20																	5:30									
6:00			Bootcamp 6:00-6:50																6:00									
6:30																			6:30									
7:00																			7:00									
7:30																			7:30									
8:00	Adult Drop-in Basketball (16+ yrs) 7:30-10:30																		8:00									
8:30																			8:30									
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10:30	Lanes used may be different than shown															10:30												

Please show up early for group classes. To respect other participants, no admittance will be allowed after the class start time.

Thursday


Time	Gym 1	Gym 2	Group Fitness Studio	Health Zone/ Walking Track	Conditioning Room	Boardroom	Multi-purpose Room #1	Multi-purpose Room #2	Youth Zone	Child & Family Centre	Main Pool (8 Lanes)								Leisure Pool	Dive Tank	Time		
											1	2	3	4	5	6	7	8					
5:30																						5:30	
6:00			Bootcamp 6:00-6:45																			6:00	
6:30																						6:30	
7:00			Stretch & Roll 7:00-7:45																			7:00	
7:30																						7:30	
8:00																						8:00	
8:30	Spring Break Camp (5-12 yrs) 8:30-12:30																					8:30	
9:00		Intense Group Strength 9:00-10:00	Yoga 9:00-10:00																				9:00
9:30			Group Strength 10:15-11:10																				9:30
10:00																						10:00	
10:30																						10:30	
11:00																						11:00	
11:30		Fit for Life 50+ 11:30-12:15																				11:30	
12:00			Cycle 12:00-12:50																			12:00	
12:30																						12:30	
1:00	Adult Drop-in Recreational Pickleball 12:30-3:00																					1:00	
1:30			School Rental																			1:30	
2:00																							2:00
2:30																						2:30	
3:00	Spring Break Camp (5-12 yrs) 3:00-4:30																					3:00	
3:30																						3:30	
4:00			Gentle Yoga 4:00-4:50	Youth Orient. (10-13 yrs) 4:00-4:45																		4:00	
4:30																						4:30	
5:00																						5:00	
5:30		Step/Strength 5:30-6:30																				5:30	
6:00			Yoga 6:00-6:50																			6:00	
6:30																						6:30	
7:00																						7:00	
7:30	Adult Drop-in Volleyball (16+ yrs) 7:30-10:00																					7:30	
8:00																						8:00	
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Please show up early for group classes. To respect other participants, no admittance will be allowed after the class start time.

Please note: 7:15-8:00 p.m. Prenatal Fitness takes place in Dive Tank

Friday

Time	Gym 1	Gym 2	Group Fitness Studio	Health Zone/ Walking Track	Conditioning Room	Boardroom	Multi-purpose Room #1	Multi-purpose Room #2	Youth Zone	Child & Family Centre	Main Pool (8 Lanes)								Leisure Pool	Dive Tank	Time							
											1	2	3	4	5	6	7	8										
5:30											Public Swim 5:30 AM - 10:30 PM										5:30							
6:00																										6:00		
6:30			Flow Yoga 6:00-7:00																							Deep 6:30-7:30	6:30	
7:00																											7:00	
7:30		Bootcamp 7:30-8:30																									7:30	
8:00																											8:00	
8:30																											8:30	
9:00		Bootcamp 9:00-10:00	Chair Yoga 9:00-10:00																								Deep 9-10	9:00
9:30				Healthy Hearts 9:00-11:00																								9:30
10:00	Spring Break Camp (5-12 yrs) 8:30-12:30																											10:00
10:30																				10:30								
11:00		Zumba Gold 11:15-12:00	TRX 11:00-11:45																	11:00								
11:30				Healthy Hips & Knees 10:30-12:00																11:30								
12:00			Yoga 12:00-1:00																	12:00								
12:30																				12:30								
1:00	Adult Drop-in Competitive Pickleball (16+ yrs) 12:30-3:00		Advanced Tai Chi 1:15-2:00																	1:00								
1:30																				1:30								
2:00																				2:00								
2:30																				2:30								
3:00	Spring Break Camp (5-12 yrs) 3:00-4:30	Youth Open Gym Time (10+ yrs) 3:00-5:30	 Cycle/HIIT 3:30-4:30																	3:00								
3:30																				3:30								
4:00				Youth Orient. (10-13 yrs) 4:00-4:45																4:00								
4:30																				4:30								
5:00																				5:00								
5:30			Intro to Meditation 5:30-6:15																	5:30								
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Please show up early for group classes. To respect other participants, no admittance will be allowed after the class start time.

Saturday

Time	Gym 1	Gym 2	Group Fitness Studio	Health Zone/ Walking Track	Conditioning Room	Boardroom	Multi-purpose Room #1	Multi-purpose Room #2	Youth Zone	Child & Family Centre	Main Pool (8 Lanes)								Leisure Pool	Dive Tank	Time	
											1	2	3	4	5	6	7	8				
7:00																					7:00	
7:30																					7:30	
8:00																					8:00	
8:30		Bootcamp 8:30-9:30																			8:30	
9:00	Parent & Tot Gym Time (0-5 yrs) 9:00-12:00		Flow Yoga 9:00-10:15																		9:00	
9:30																					9:30	
10:00																						10:00
10:30				Cycle 10:30-11:30																		10:30
11:00																						11:00
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12:00			Yoga 12:00-1:00																		12:00	
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4:00																					4:00	
4:30																					4:30	
5:00																					5:00	
5:30																					5:30	
6:00	Family Gym Time (Children under 10 yrs must be accompanied by a parent) 6:00-9:00																				6:00	
6:30																						6:30
7:00																						7:00
7:30																						7:30
8:00																						8:00
8:30																					8:30	
9:00																					9:00	

Lanes used may be different than shown

Sunday

Time	Gym 1	Gym 2	Group Fitness Studio	Health Zone/ Walking Track	Conditioning Room	Boardroom	Multi-purpose Room #1	Multi-purpose Room #2	Youth Zone	Child & Family Centre	Main Pool (8 Lanes)								Leisure Pool	Dive Tank	Time	
											1	2	3	4	5	6	7	8				
9:00	Parent & Tot Gym Time (0-5 yrs) 9:00-12:00																				9:00	
9:30			Step/Strength 9:30-10:30																			9:30
10:00				Studio Closed for Staff Training Mar 24																		10:00
10:30																						10:30
11:00				Meditation 11:30-12:30																		11:00
11:30																					11:30	
12:00																					12:00	
12:30			Studio Closed for Staff Training Mar 24																		12:30	
1:00																					1:00	
1:30																					1:30	
2:00																					2:00	
2:30																					2:30	
3:00																					3:00	
3:30			Bootcamp 3:30-4:30																		3:30	
4:00	Youth Basketball 4:00-5:00pm																				4:00	
4:30																						4:30
5:00	Adult Drop-In Basketball (16+ yrs) 5:00-7:00																				5:00	
5:30																					5:30	
6:00																						6:00
6:30																					6:30	
7:00																					7:00	

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