

Group Fitness Holiday Schedule

December 22, 2025 – January 4, 2026

Group Fitness Ages 12+

 **Fitness Centre, Leisure Centre, 2 Park Drive**

WEEK ONE

Mon, Dec. 22	Tue, Dec. 23	Wed, Dec. 24	Thu, Dec. 25	Fri, Dec. 26	Sat, Dec. 27	Sun, Dec. 28
9:30am – 10:20am Forever Fit Joanne	9:30am – 10:20am Step & Strength Nicky	9:30am – 10:20am Forever Fit Ona	Christmas Day CLOSED	9:30am – 10:20am Yoga (Hatha) Nirmala	8:30am – 9:20am Boot Camp Jenn	9:30am – 10:20am Muscle Matters Vanessa
10:30am – 11:20am Muscle Matters Sonya	10:30am – 11:20am Yogalates Ona	10:30am – 11:20am Muscle Matters Jaishri		10:30am – 11:20am Forever Fit Madi	9:30am – 10:20am Yoga Flow Jenn	10:30am – 11:20am Zumba® Vanessa
6:30pm – 7:20pm Forever Fit Marie	6:30pm – 7:20pm Boot Camp Jenn				10:30am – 11:20am Cardio Dance Giselle	
7:30pm – 8:20pm Cardio & Condition Sonya	7:30pm – 8:20pm Muscle Matters Jenn					

WEEK TWO

Mon, Dec. 29	Tue, Dec. 30	Wed, Dec. 31	Thu, Jan. 1	Fri, Jan. 2	Sat, Jan. 3	Sun, Jan. 4
9:30am – 10:20am Forever Fit Joanne	9:30am – 10:20am Step & Strength Nicky	9:30am – 10:20am Forever Fit Ona	New Year's Day CLOSED	9:30am – 10:20am Yoga (Hatha) Nirmala	8:30am – 9:20am Boot Camp Jenn	9:30am – 10:20am Muscle Matters Vanessa
10:30am – 11:20am Muscle Matters Sonya	10:30am – 11:20am Yogalates Ona	10:30am – 11:20am Muscle Matters Jaishri		10:30am – 11:20am Forever Fit Ona	9:30am – 10:20am Yoga Flow Jenn	10:30am – 11:20am Zumba® Vanessa
6:30pm – 7:20pm Forever Fit Marie	6:30pm – 7:20pm Boot Camp Jenn			5:30pm – 6:20pm Zumba® Garlice	10:30am – 11:20am Cardio Dance Giselle	
7:30pm – 8:20pm Cardio & Condition Meagan	7:30pm – 8:20pm Muscle Matters Jenn			6:30pm – 7:20pm Essentrics® Marie		

Cycle Fit Fitness Ages 12+

 Fitness Centre, Leisure Centre, 2 Park Drive

WEEK ONE

Mon, Dec. 22	Tue, Dec. 23	Wed, Dec. 24	Thu, Dec. 25	Fri, Dec. 26	Sat, Dec. 27	Sun, Dec. 28
9:30am – 10:20am Gareth	9:30am – 10:20am Cycle, Strength & Core Sonya	9:30am – 10:20am Madi	Christmas Day CLOSED	9:30am – 10:20am Stacey	8:30am – 9:20am Sonya	8:30am – 9:20am Nirmala
6:30pm – 7:20pm Stacey	5:30pm – 6:20pm Madi					

WEEK TWO

Mon, Dec. 29	Tue, Dec. 30	Wed, Dec. 31	Thu, Jan. 1	Fri, Jan. 2	Sat, Jan. 3	Sun, Jan. 4
9:30am – 10:20am Stacey	9:30am – 10:20am Cycle, Strength & Core Sonya	9:30am – 10:20am Madi	New Year's Day CLOSED	9:30am – 10:20am Stacey	8:30am – 9:20am Sonya	8:30am – 9:20am Nirmala
6:30pm – 7:20pm Madi	5:30pm – 6:20pm Madi					

AquaFit Ages 14+

 Leisure Centre Pool, 2 Park Drive

WEEK ONE

Mon, Dec. 22	Tue, Dec. 23	Wed, Dec. 24	Thu, Dec. 25	Fri, Dec. 26	Sat, Dec. 27	Sun, Dec. 28
9:00am – 9:50am Sonya	9:00am – 9:50am Lap	9:35am – 10:25am Nirmala	Christmas Day CLOSED	Boxing Day CLOSED	9:35am – 10:25am Nirmala	9:35am – 10:25am Nirmala
10:00am – 10:50am Ona	10:00am – 10:50am Lap					
7:35pm – 8:25pm Lori	8:05pm – 8:55pm Regina					

WEEK TWO

Mon, Dec. 29	Tue, Dec. 30	Wed, Dec. 31	Thu, Jan. 1	Fri, Jan. 2	Sat, Jan. 3	Sun, Jan. 4
9:00am – 9:50am Sonya	9:00am – 9:50am Lap	9:35am – 10:25am Nirmala	New Year's Day CLOSED	9:00am – 9:50am Lap	9:35am – 10:25am Nirmala	9:35am – 10:25am Lori
10:00am – 10:50am Ona	10:00am – 10:50am Lap			10:00am – 10:50am Lap		
7:35pm – 8:25pm Lori	8:05pm – 8:55pm Regina					