RESERVABLE DROP-IN FITNESS SCHEDULE *September 8-December 19, 2026*

WEST SHORE PARKS & RECREATION

Classes are included with drop-in admission or any WSPR/regional membership. No classes on statutory holidays. Schedule may change. Scan the code to view the up-to-date schedule, or visit wspr.ca > drop-in schedules. Reservations are strongly recommended as class sizes are limited. All classes accommodate varying abilities/levels of fitness. Classes are 60 minutes and 12 yrs+ unless otherwise noted.

FITNESS STUDIO	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15 AM		Indoor Cycling *Krista L.*		Indoor Cycling *Jeannette*		Indoor Cycling *Michele*	
8:30 AM	Cycle 60 (min) *Graham/Alison*						
9:00 AM		On the Ball *Glenda*	Indoor Cycling *Preston*	Total Body Conditioning *Alison/Jeannette*	Indoor Cycling *Julianne*	Total Body Conditioning *Rosalie*	Indoor Cycling *Sally*
10:00 AM	Bootcamp *Alison/Leah*						Total Body Conditioning *Alison*
10:15 AM				Build to the Beat *Paulette*			
5:00 PM		Power Circuit *Eugene*	Cycle Strength *Michele*	Power Circuit *Eugene*	Cycle Strength *Alison*		
6:15 PM		Functional Fitness *Preston*				On the Ball *Glenda*	

Bootcamp ♥♥♥
A full body workout including cardio and strength conditioning with athletic drills, all wrapped into one!

Cycle 60 (min) ♥♥♥
Work through a variety of sprinting and hill climbing drills to build your cardiovascular fitness and endurance.

Cycle Strength ♥♥♥
Add muscle to your indoor cycling workout with 45 minutes on the bike, followed by upper body and core strength work.

Functional Fitness ♥♥
A full body workout focusing on strength, agility, stability movements and flexibility using a variety of equipment.

Indoor Cycling ♥♥
A cardio, no impact workout set at your own intensity. Sprinting and hill climbing drills help build strength and endurance. *(50 min.)*

Build to the Beat ♥♥
Lift and pulse to the beat with dumbbells, bars, bands and more. Increase endurance, balance, and mobility.

On the Ball ♥♥
A low impact, full body workout increases strength, balance and flexibility. Build stability and core using a variety of balls.

Power Circuit ♥♥♥
A series of full body strength, cardio and endurance drills will get your heart and muscles working and feeling great!

Total Body Conditioning ♥♥
A full body workout using body weight, body bars, dumbbells and more to increase overall strength, tone and function.

♥ = Light Intensity | ♥♥ = Moderate Intensity | ♥♥♥ = High Intensity

For full program descriptions, please visit wspr.ca.

DROP-IN OPEN FITNESS STUDIO *Included with drop-in admission or any WSPR/regional membership.*

The fitness studio is available during the scheduled drop-in times only when a weightroom attendant is on duty. This ensures a safe, supervised space and confirms the studio is not reserved for programs or bookings. Studio is equipped with stretching mats, light/medium dumbbells and kettlebells, spin bikes, pull up bars, monkey bars, TRX, heavy bags and more! 13 yrs+. Schedule is subject to change due to bookings. To inquire about availability outside of drop-in hours, please contact our bookings department: bookings@wspr.ca | 250-474-8611

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1:00-3:00 PM						1:00-3:00 PM
	2:30-3:30 PM	3:30-4:45 PM	3:30-4:45 PM	3:30-4:45 PM		
						6:00-7:00 PM
	7:30-9:00 PM	7:30-9:00 PM	7:30-9:00 PM		7:30-9:00 PM	

Last updated: November 2, 2026

HYBRID REGISTERED/DROP-IN SCHEDULE *September 8-December 19, 2026*

WEST SHORE PARKS & RECREATION

Hybrid classes are registered programs with a limited number of drop-in spaces available. Pre-payment is required online or at reception; please show receipt to instructor. No classes on statutory holidays. Programs run only if enough participants are registered by the start of the month. Schedule may change. For the latest schedule, scan the QR code or visit wspr.ca. All classes accommodate varying abilities/levels of fitness. Classes are for ages 14+ unless otherwise noted.

FITNESS & YOGA HYBRID CLASSES ***Drop-in Fitness: $15/class • Drop-in Yoga: $18/class***

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		6:30AM **Power Yoga Flow** *Caity • FH*				
		9:30AM **Yoga Gentle** *Patricia • FH*		**9:30AM** **Yoga - Easy** *Patricia • FH*	**9:15AM** **Pilates** *Lynda • FH*	
	10:00AM **Pilates** *Lynda • FH*	**10:10AM** **20-20-20** *Rosalie • FS*		**10:15AM** **Zumba Gold** *Roxana • FS*		
11:15AM **Step & Sculpt** *Leah • FS*		**12:45PM** **Baby & Me Fitness** *Karla • FS*		**11:30AM** **Total Strength** *Karla • FS*	**12:45PM** **Baby & Me Fitness** *Karla • FS*	**12:30PM** **Weekend Easy Yoga** *Mary • 55+ 101*
		1:00PM **Aqua Yoga** *Glenda • LP*				**1:45PM** **Chair Yoga** *Mary • 55+ 101*
			5:30PM **Yoga - Hatha Flow** *Patricia • 55+ 101*			
	7:00PM **Bolly X** *Shweta • 55+ 101*	**6:15PM** **Core & Booty** *Michele • FS*	**6:15PM** **Ride & TRX** *Sally • FS*	**6:15PM** **Partyfit®** *Kris • FS*		
	7:15PM **Aqua Zumba** *Sam • MP*	**6:45PM** **Mindful Yin Yoga** *Allana • 55+ 101*	**6:45PM** **Relaxing Yoga** *Patricia • 55+ 101*	**7:30PM** **Zumba Fitness** *Sam • FS*		

Aqua Yoga ♥
Gentle movement in water for balance, range of motion and strength. *(45 min)*

Aqua Zumba ♥♥
Low-impact, high-energy moves in water to tone muscles. *(45 min)*

20-20-20 ♥♥
A complete workout: cardio, strength and stretch - all in one! *(60 min)*

Baby & Me Fitness ♥♥
Build strength and endurance alongside your little one for all fitness levels. *(45 min)*

Bolly X ♥♥
High-energy dance fitness, cardio and choreo in Bollywood-inspired style. *(60 min)*

Chair Yoga ♥
Flexibility, mobility, strength, and balance with seated or supported poses. *(60 min)*

Core & Booty ♥♥
Core and lower body sculpting with Pilates- and Barre-inspired exercises. *(60 min)*

Mindful Yin Yoga ♥
Gentle long-held poses cultivate mobility, breath awareness, and peace. *(60 min)*

Party Fit® ♥♥
High-energy workouts with simple choreo that feels like a night out *(60 min)*

Pilates ♥
Strengthen the body with focus on the "power house" core. *(60 min)*

Power Yoga Flow ♥♥♥
Energetic yoga to bridge breath and body for strength and flexibility. *(60 min)*

Relaxing Yoga ♥
Focus on awareness and deep relaxation, allowing the body to heal. *(75 min)*

Ride & TRX ♥♥♥
30 mins indoor cycling + 30 mins easy TRX + legendary music each week! *(60 min)*

Step & Sculpt ♥♥♥
High energy cardio and strength, with basic step choreography. *(60 min)*

Total Strength ♥♥
Progressive full-body strength training to build confidence and strength. *(60min)*

Weekend Easy Yoga ♥
Release tension and restore balance with stretches and breathing. *(60 min)*

Yoga - Easy ♥
Energize the body and calm the mind. Nothing difficult, just easy yoga for all. *(60 min)*

Yoga Gentle ♥
Release tension and stress. Use the breath to create a free flow of energy. *(90 min)*

Yoga - Hatha Flow ♥♥
Breath awareness and fluid movement to connect mind, body & spirit. *(60 min)*

Zumba Fitness & Gold ♥♥
Easy-to-follow moves and fun Latin rhythms. Zumba Gold: lower intensity. *(60 min)*

Class Locations:

55+ 101: JDF 55+ Activity Centre, Room 101
FH: Fieldhouse
FS: Fitness Studio
LP: JDF Leisure Pool
MP: JDF Main Pool

♥ = Light Intensity | ♥♥ = Moderate Intensity | ♥♥♥ = High Intensity

For full program descriptions, please visit wspr.ca.

Last updated: November 2, 2026