

## HYBRID REGISTERED/DROP-IN SCHEDULE SEPTEMBER 8 - DECEMBER 20, 2025



Schedule is subject to change and requires minimum registration at the start of each month. Scan the code to view the most up-to-date schedule, or visit [wspr.ca](http://wspr.ca) > drop-in schedules. Classes are available for drop-in at the hybrid fee noted below. Please pre-pay fee online or at reception before class. **MUST** show proof of payment to instructor. No classes on statutory holidays. All classes offer modifications to accommodate varying abilities/levels of fitness.

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

### HYBRID REGISTERED/DROP-IN FITNESS CLASSES Drop-in: \$15/class.

FITNESS STUDIO	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:15 AM					Zumba Gold Roxana	
11:30 AM						SHiNE™ Light Penny
12:45 PM		*SHiNE™ Light Penny *Starts Nov.				Baby & Me* Karla K.
5:00 PM	Family Fitness Eugene					
6:15 PM			Core & Booty Michele	TRX Combo Eugene	SHiNE™ Uplift Penny	
7:15 PM		Aqua Zumba Sam - Main Pool				
7:30 PM					Zumba Fitness Sam	

#### Aqua Zumba ♥♥

Using the Zumba philosophy, this low-impact, high-energy class tones your muscles with less impact on your joints. (45 min. | 14 yrs+)

#### Baby & Me ♥♥

Enhance strength and endurance alongside your young ones! For all fitness levels and postpartum bodies. (45 min. | 16 yrs+)

#### Core & Booty ♥♥

Strengthen the core muscles and redefine the lower body through Pilates and Barre-inspired exercises to tone the body. (60 min. | 12 yrs+)

#### Family Fitness ♥♥♥

Get the whole family motivated and moving together! Raise the heart rate, build strength, mobility, and conditioning. (45 min. | 6 yrs+)

#### SHiNE Light™ ♥♥

Low impact, simplified routines for a mood-lifting, confidence-boosting, inclusive approach to dance fitness. (60 min. | 12 yrs+)

#### SHiNE Uplift™ ♥♥

Build muscles AND confidence! Fun cardio and full body strength training. (60 min. | 12 yrs+)

#### TRX Combo ♥♥♥♥

Pair the TRX suspension trainer with full body exercises for a cardio boost. (60 min. | 15 yrs+)

#### Zumba Fitness ♥♥

Easy-to-follow moves and hypnotic Latin rhythms will blow you away. (60 min. | 15 yrs+)

#### Zumba Gold ♥♥

Zesty rhythms and easy moves for older adults and those new to fitness. (60 min. | 15 yrs+)



Last updated: October 3, 2025

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### HYBRID REGISTERED/DROP-IN WELLNESS/YOGA CLASSES Drop-in: \$18/class.

VARIOUS LOCATIONS	SUNDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:15 AM					Pilates Lynda Fieldhouse	
9:30 AM		Yoga Gentle Patricia Fieldhouse		Yoga - Easy Patricia Fieldhouse		
12:30 PM						Weekend Easy Yoga Mary JDF 55+ 101
1:00 PM		Aqua Yoga Glenda JDF Leisure Pool				
1:45 PM						Chair Yoga Mary JDF 55+ 101
5:30 PM		*Yoga for Life Lyz *Starts Nov. JDF 55+ 101	Yoga - Hatha Flow Patricia JDF 55+ 101			
6:45 PM			Relaxing Yoga Patricia JDF 55+ 101			

#### Aqua Yoga ♥

Use the support of water to increase strength, static balance and range of motion with minimal impact on joints. (45 min. | 14 yrs+)

#### Chair Yoga ♥

Seated or chair-supported poses for older adults or those with limited mobility. Improve flexibility, mobility, strength, and balance. Enjoy breathwork and mindful movement, relaxation and wellbeing. (60min. | 15 yrs+)

#### Pilates ♥

Concentrate on strengthening the body with an emphasis on the "power house" core strength. For all levels. (60 min. | 15 yrs+)

#### Relaxing Yoga ♥

Relax and restore the mind and body. Focus on awareness and feel a sense of deep relaxation, allowing the body to heal. (75min. | 15 yrs+)

#### Weekend Easy Yoga ♥

Release tension and restore balance in both body and mind through a series of simple stretches, mindful breathing, and relaxing poses. Perfect for all levels. (60 min. | 15 yrs+)

#### Yoga for Life ♥

Tune in and find space in your body and mind. Stretch tight muscles, quiet a busy brain, and breathe deeper. (60 min. | 15 yrs+)

#### Yoga Gentle ♥

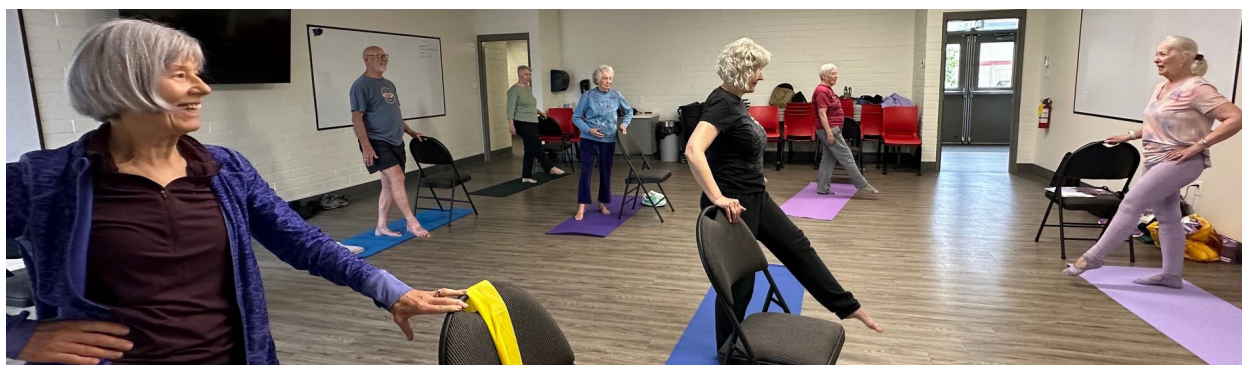
A nurturing class to release tension and stress. Use the breath to create a free flow of energy in the body. (90 min. | 15 yrs+)

#### Yoga - Easy ♥

A timeout to energize the body and calm the mind. Nothing fancy or difficult, just plain easy yoga for everyone. (60 min. | 15 yrs+)

#### Yoga - Hatha Flow ♥♥

Breath awareness and fluid movement to connect mind, body & spirit. (60 min. | 15 yrs+)



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