

# RESERVABLE DROP-IN FITNESS SCHEDULE MAY 4 - JUNE 30, 2025



Schedule is subject to change. Scan the code to view the up-to-date schedule, or visit [wspr.ca](http://wspr.ca) > drop-in schedules. Reservations are strongly recommended as class sizes are limited. No classes on statutory holidays. All classes offer modification options to accommodate varying abilities and levels of fitness. The following classes are included with drop-in admission or any WSPR/regional membership. 12 yrs+ unless otherwise noted.

FITNESS STUDIO	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15 AM		Indoor Cycling Melissa		Indoor Cycling Jeanette		Indoor Cycling Michele	
8:30 AM	Cycle 60 Graham/Alison						
9:00 AM		On the Ball Glenda	Indoor Cycling Preston		Indoor Cycling Julianne	Total Body Conditioning Rosalie	Indoor Cycling Melissa
9:15 AM				Total Body Conditioning Jeanette			
10:00 AM	Bootcamp Zahra						Total Body Conditioning Rosalie
10:30 AM				LIIT Workout Zahra			
11:30 AM			Functional Fitness Preston				
5:00 PM		Power Circuit Eugene	Cycle Strength Michele	Power Circuit Eugene	Cycle Strength Alison		
6:15 PM	Bootcamp (6PM) Eugene	Functional Fitness Preston				On the Ball Glenda	

## Bootcamp ♥♥♥

A full body workout including cardio and strength conditioning with athletic drills, all wrapped into one! (60 min.)

## Cycle 60 ♥♥♥

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

## Cycle Strength ♥♥♥

Add muscle to your indoor cycling workout with 45 minutes on the bike, followed by upper body and core strength work. (60 min.)

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

## Functional Fitness ♥♥

A full body workout focusing on strength, agility, stability movements and flexibility using a variety of equipment. (60 min.)

## Indoor Cycling ♥♥

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

## LIIT Workout ♥♥

LIIT consists of periods of low impact exercise performed in sets of intervals combined with longer periods of rest. (45 min. | 14 yrs+)

## On the Ball ♥♥

A low impact, full body workout increases strength, balance and flexibility. Build stability and core using a variety of balls. (60 min.)

## Power Circuit ♥♥♥

A series of full body strength, cardio and endurance drills will get your heart and muscles working and feeling great! (60 min.)

## Total Body Conditioning ♥♥

A full body workout focusing on form and technique using body weight, body bars, dumbbells and more to increase overall strength, tone and function. (60 min.)

## DROP-IN OPEN FITNESS STUDIO \*Please note, times are subject to change due to bookings.

The fitness studio is available for public use during the scheduled times below. 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+.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1:00-3:00 PM						1:00-3:00 PM
				3:15-4:45 PM		
					4:00-6:00 PM	
7:30-9:00 PM			7:30-9:00 PM		7:30-9:00 PM	

Last updated: May 15, 2025

## HYBRID REGISTERED/DROP-IN FITNESS CLASSES



These classes are available for drop-in at a hybrid fee of \$15/class. MUST show proof of payment to instructor. Please pre-pay fee online or at reception before class. No classes on statutory holidays. All classes offer modification options to accommodate varying abilities and levels of fitness.



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

### 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+)

### \*Fitness for Parents & Caregivers ♥♥

Bring your young ones for fun movement, strength, energy & stretching in a supportive space. \*Starts June 1. (45 min. | All ages)

### \*\*SHiNE Light™ ♥♥

The mood-lifting, confidence-boosting fun of dance for everyone! Low impact, inclusive moves. (60 min. | 12 yrs+)

### \*\*SHiNE Uplift™ ♥♥♥

Build muscles AND confidence! A cardio warm-up followed by strategic upper and lower body strength training set to music. (60 min. | 12 yrs+)

### \*Zumba Gold ♥♥

Blending zesty rhythms and easy moves to energize the body. Great for active older adults and those new to fitness. \*Starts June 3. (60 min. | 15 yrs+)

\*\*Subject to minimum registration. Please check the online schedule or ask at reception prior to attending the first class of each month.

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

## HYBRID REGISTERED/DROP-IN WELLNESS/YOGA CLASSES



These classes are available for drop-in at a hybrid fee of \$18/class. MUST show proof of payment to instructor. Please pre-pay fee online or at reception before class. No classes on statutory holidays. All classes offer modification options to accommodate varying abilities and levels of fitness.

VARIOUS LOCATIONS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 AM			Yoga - Gentle Tuesdays Patricia - Fieldhouse		Yoga - Easy Patricia - Fieldhouse	
10:00 AM	Baby & Me Yoga* Roxie - Fieldhouse					
1:00 PM			Aqua Yoga Glenda - JDF Leisure Pool			
5:30 PM				Yoga - Hatha Flow Patricia -55+ Activity Centre		
6:45 PM				Relaxing Yoga Patricia -55+ Activity Centre		

### 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+)

### \*Baby & Me Yoga ♥ / ♥♥

For prenatal moms-to-be and caregivers of babies to relax and bond through movement and breathwork \*Starts June 1. (60 min.)

### 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+)

### Yoga - Gentle Tuesdays ♥

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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