

## RESERVABLE DROP-IN 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](https://wspr.ca) > drop-in schedules. Reservations are strongly recommended as class sizes are limited. No classes on statutory holidays. All classes offer modifications to accommodate varying abilities/levels of fitness. Classes are 12 yrs+ unless otherwise noted.

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

## RESERVABLE DROP-IN FITNESS CLASSES Included with drop-in admission or any WSPR/regional membership.

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

### 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.)

### 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 using body weight, body bars, dumbbells and more to increase overall strength, tone and function. (60 min.)

## DROP-IN OPEN FITNESS STUDIO

The fitness studio is available for public use during the scheduled times below. Schedule is subject to change due to 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+.

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	

## HYBRID REGISTERED/DROP-IN SCHEDULE MAY 4 - JUNE 30, 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	*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	TRX Combo Eugene	SHiNE™ Uplift Penny	
7:15 PM		Aqua Zumba Sam - Main Pool			Zumba Fitness (7:30PM) 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+)

#### \*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™ ♥♥

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

#### SHiNE Uplift™ ♥♥♥

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

#### TRX Combo ♥♥♥

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

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

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+)

Last updated: May 23, 2025