

# RESERVABLE DROP-IN FITNESS SCHEDULE SEPT. 2 - DEC. 20, 2025



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



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 modifications to accommodate varying abilities/levels of fitness. Classes are 12 yrs+ unless otherwise noted.

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

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

### Bootcamp ♥♥♥♥

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

### Cycle 60 (min) ♥♥♥♥

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 *Included with drop-in admission or any WSPR/regional membership.*

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 |              | 3:15-4:45 PM | 3:15-4:45 PM |              |              |
|              |              |              |              |              | 4:15-5:15 PM |              |
|              | 7:30-9:00 PM | 7:30-9:00 PM | 7:30-9:00 PM |              | 7:30-9:00 PM |              |

# WEST SHORE PARKS & RECREATION

## PASS OPTIONS

### Pass holders have access to

- Public swimming & Aquafit
- Sauna, steamroom, hot tub
- Weightroom
- Fitness drop-in classes
- Drop-in sports programs
- Public skating sessions
- Duffer and sledge hockey

**FOR AS  
LOW AS  
\$2.49  
PER VISIT**

### BECOME A REGULAR

#### Annual Membership

An annual membership is the most cost effective option. This pass is valid for one year from the date of purchase to drop in as much as you want.

**Annual Membership\*** **\$517**

See the variety of activities above. **\$43.08 a month**

**2 Visits a Week**  
\$4.97 per visit

**3 Visits a Week**  
\$3.31 per visit

**4 Visits a Week**  
\$2.49 per visit

**Family Annual Membership\*** **\$1,033**

A family is 2 adults & 3 children  
or 1 adult & 4 children **\$86.08 a month**

**2 Visits a Week**  
\$9.93 per visit

**3 Visits a Week**  
\$6.62 per visit

**4 Visits a Week**  
\$4.97 per visit

### THE BEST OF BOTH WORLDS

#### Monthly Memberships

Do you workout regularly but simply can't commit to a year-long pass? Well, then a monthly pass is the best of both worlds. All ages.

**One Month** **\$75.00**

Valid for one month from purchase date.

**2 Visits a Week**  
\$9.38 per visit

**3 Visits a Week**  
\$6.25 per visit

**4 Visits a Week**  
\$4.69 per visit

**3 Month** **\$187.50**

Valid for 3 months from purchase date.

**2 Visits a Week**  
\$7.81 per visit

**3 Visits a Week**  
\$5.21 per visit

**4 Visits a Week**  
\$3.91 per visit

**3 Month Family** **\$375.00**

**2 Visits a Week**  
\$15.63 per visit

**3 Visits a Week**  
\$10.42 per visit

**4 Visits a Week**  
\$7.81 per visit

Calculations are approximate based on 30 days/month and 4 weeks in a month.

### ALL THE FLEXIBILITY YOU NEED

#### Visit Passes

10x or 25x visit passes have the most flexibility. Use this pass as you go with no expiry date.

##### Adult

**10x Pass**  
**25x Pass**

\$67.50  
\$150.00

Cost per visit \$6.75  
Cost per visit \$6.00

##### Youth

**10x Pass**  
**25x Pass**

\$46.20  
\$103.00

Cost per visit \$4.62  
Cost per visit \$4.12

##### Senior

**10x Pass**  
**25x Pass**

\$50.60  
\$112.50

Cost per visit \$5.06  
Cost per visit \$4.50

##### Child

**10x Pass**  
**25x Pass**

\$38.00  
\$85.00

Cost per visit \$3.80  
Cost per visit \$3.40

##### Family

**10x Pass**

\$135.00

Cost per visit \$13.50

#### Drop-in Admissions

Admission purchased at the time of entry includes a single visit to skating, swimming, the weightroom, or a fitness, aquafit or sports program.

##### Adult

18+ years

**\$7.50**

##### Child

6-12 years (5 years & under are FREE)

**\$4.25**

##### Youth/ Student

13-18 years (19+ with valid student card)

**\$5.15**

##### Senior

60+ years

**\$5.70**

##### Family

2 adults & 3 children  
or 1 adult & 4 children

**\$15.00**

Annual and monthly memberships, visit passes and drop-in admission prices include tax. Cost per visit price is calculated after tax.