

RESERVABLE DROP-IN FITNESS SCHEDULE *May 4-June 28, 2026*



Classes are included with drop-in admission or any WSPR/regional membership. No classes on statutory holidays. Schedule is subject to 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 offer modifications to accommodate varying abilities/levels of fitness. Classes are 12 yrs+ unless otherwise noted.

FITNESS STUDIO	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15 AM		Indoor Cycling <i>Melissa</i>		Indoor Cycling <i>Jeanette/Alison</i>		Indoor Cycling & Core <i>Michele</i>	
8:30 AM	Cycle 60 (min) <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/Alison</i>			
10:00 AM	Bootcamp <i>Alison/Leah</i>						Total Body Conditioning <i>Alison</i>
10:30 AM				LIIT Workout <i>Zahra/Paulette</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>	Functional Fitness (6:15PM) <i>Preston</i>				On the Ball (6:15PM) <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.)

❤️ = Light Intensity | ❤️❤️ = Moderate Intensity | ❤️❤️❤️ = High Intensity

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
2:00-4:00PM				3:15-4:45PM	4:15-5:00PM	
	7:30-9:00PM		7:30-9:00PM Open Circuit		7:30-9:00PM	

HYBRID REGISTERED/DROP-IN SCHEDULE *May 4-June 28, 2026*



Hybrid classes are monthly registered specialty programs with a limited number of drop-in spots. Each program must meet minimum registration at the start of the month to run. No classes on statutory holidays. Schedule is subject to change. Scan the code or visit wspr.ca for the most current schedule. Pre-payment is required online or at reception. Please show proof of payment to the instructor. Class modifications provided to accommodate all levels and abilities.

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

VARIOUS LOCATIONS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING			Yoga Gentle 9:30AM <i>Patricia Fieldhouse</i>		Yoga - Easy 9:30AM <i>Patricia Fieldhouse</i>	Pilates 9:15AM <i>Lynda Fieldhouse</i>	
	Choreo Strength 11:15AM <i>Leah/Paulette Fitness Studio</i>		Total Strength 11:30AM <i>Karla K. Fitness Studio</i>		Zumba Gold 10:15AM <i>Roxana Fitness Studio</i>		
					Total Strength 11:30AM <i>Karla K. Fitness Studio</i>		
AFTERNOON			Baby & Me Fitness 12:45PM <i>Karla K. Fitness Studio</i>		Baby & Me Fitness 12:45PM <i>Karla K. Fitness Studio</i>	Baby & Me Fitness 12:45PM <i>Karla K. Fitness Studio</i>	Weekend Easy Yoga 12:30PM <i>Mary JDF 55+ 101</i>
			Aqua Yoga 1:00PM <i>Glenda JDF Leisure Pool</i>				Chair Yoga 1:45PM <i>Mary JDF 55+ 101</i>
EVENING			Dance Fit 5:30PM <i>Leah/Paulette JDF 55+ 101</i>	Yoga - Hatha Flow - 5:30PM <i>Patricia JDF 55+ 101</i>			
			Core & Booty 6:15PM <i>Michele Fitness Studio</i>	Relaxing Yoga 6:45PM <i>Patricia JDF 55+ 101</i>			
			Mindful Yin Yoga 6:45PM <i>Allana JDF 55+ 101</i>		Zumba Fitness 7:30PM <i>Sam Fitness Studio</i>		

Aqua Yoga ❤️

Increase strength, balance, and range of motion using the support of water, with minimal joint impact. (45 min. | 14 yrs+)

Baby & Me Fitness ❤️ ❤️

Build strength and endurance alongside your little one for all fitness levels. (45 min. | 16 yrs+)

Chair Yoga ❤️

Chair-supported poses, breathwork and mindful movement improves flexibility, mobility, strength & balance. (60min. | 15 yrs+)

Coreographed Strength ❤️ ❤️

A music-driven, full-body choreo workout set to motivating beats. (60 min. | 14 yrs+)

Core & Booty ❤️ ❤️

Core and lower body sculpting with Pilates- and Barre-inspired exercises. (60 min. | 12 yrs+)

Dance Fit ❤️ ❤️

A fun, high energy dance cardio and full body workout. (60 min. | 12 yrs+)

Mindful Yin Yoga ❤️

Release tension and cultivate mobility, breath awareness, and inner stillness with long-held poses. (60min. | 15 yrs+)

Pilates ❤️

Strengthen the body with a focus on “power house” core strength. (60 min. | 15 yrs+)

Relaxing Yoga ❤️

Restore mind and body through gentle movement, awareness, and deep relaxation to support healing. (75min. | 15 yrs+)

Total Strength ❤️ ❤️

Progressive full-body strength training to build confidence and strength. (60min. | 15 yrs+)

Weekend Easy Yoga ❤️

Release tension and restore balance with simple stretches, mindful breathing and relaxing poses. For all levels. (60 min. | 15 yrs+)

Yoga - Easy ❤️

A simple, energizing practice to calm the mind and gently move the body—accessible for everyone. (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 - Hatha Flow ❤️ ❤️

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

Zumba Fitness & Gold ❤️ ❤️

Easy-to-follow moves and Latin rhythms will blow you away. Zumba Gold is lower intensity. (60 min. | 15 yrs+)

❤️ = Light Intensity | ❤️ ❤️ = Moderate Intensity | ❤️ ❤️ ❤️ = High Intensity

For full program descriptions, please visit wspr.ca.

Last updated: May 1, 2026