

RESERVABLE DROP-IN FITNESS SCHEDULE *June 29-September 6, 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>Krista L</i>		Indoor Cycling <i>Jeanette</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>Rotating Instructors</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		Functional Fitness (6:15PM) <i>Preston</i>				On the Ball (6:15PM) <i>Glenda</i>	

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	
						5:00-7:00PM
	7:30-9:00PM		7:30-9:00PM		7:30-9:00PM	

HYBRID REGISTERED/DROP-IN SCHEDULE June 29-September 6, 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	Step & Sculpt 11:15AM <i>Leah/Paulette</i> <i>Fitness Studio</i>		20-20-20 10:10AM <i>Rosalie</i> <i>Fitness Studio</i>		Zumba Gold 10:15AM <i>Roxana</i> <i>Fitness Studio</i>		
					Total Strength 11:30AM <i>Karla K.</i> <i>Fitness Studio</i>		
AFTERNOON			Baby & Me Fitness 12:45PM <i>Karla K.</i> <i>Fitness Studio</i>			Baby & Me Fitness 12:45PM <i>Karla K.</i> <i>Fitness Studio</i>	
EVENING			Dance Fit 5:30PM (August Only) <i>Leah/Paulette</i> <i>JDF 55+ 101</i>				
			Core & Booty 6:15PM <i>Michele</i> <i>Fitness Studio</i>		Partyfit® 6:15PM <i>Kris</i> <i>Fitness Studio</i>		
					Zumba Fitness 7:30PM <i>Sam</i> <i>Fitness Studio</i>		

20-20-20 ♥♥♥

A complete workout: cardio, strength and stretch - all in one! (45 min. | 16 yrs+)

Baby & Me Fitness ♥♥♥

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

Party Fit ♥♥♥

High-energy workouts with simple choreo that feels like a night out (60 min. | 12 yrs+)

Total Strength ♥♥♥

Progressive full-body strength training to build confidence and strength. (60min. | 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: June 26, 2026