

RESERVABLE DROP-IN FITNESS SCHEDULE JANUARY 6 - MAY 3, 2025



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. 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						
9:00 AM		On the Ball Glenda	Indoor Cycling Jeannette/Preston		Indoor Cycling Julianne	Total Body Conditioning Rosalie	Indoor Cycling Melissa
9:15 AM				Total Body Conditioning Jeanette/Rosalie			
10:00 AM	Bootcamp Zahra						Total Body Conditioning Rosalie
10:30 AM				LIIT Workout Zahra/Michele			
5:00 PM		Power Circuit Eugene	Cycle Strength Emma/Michele	Power Circuit Eugene	Cycle Strength Emma/ Julianne		
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 continuous series of full body strength, cardio and endurance drills will get your heart pumping, muscles working and body feeling great in this efficient and fun class! (60 min.)

Total Body Conditioning ♥♥

Achieve a full body workout focusing on form and technique. This class will use 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+.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					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	7:30-9:00 PM		

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			TRX Combo Preston				
12:45 PM						Baby & Me Karla K.	
5:00 PM	Family Fitness Eugene						
6:15 PM			Core & Booty Lynda	TRX Combo Eugene	Ab Attack Lynda		
7:15 PM		Aqua Zumba Sam - JDF Main Pool					

Ab Attack ♥♥

Get ready to strengthen, tone, and define your core in this Pilates inspired class designed for all fitness levels! (60 min. | 15 yrs+)

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 Fitness ♥♥♥

Enhance strength and endurance, all while keeping your young ones by your side! For all fitness levels, with special modifications for 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 your whole family moving and motivated! Get the heart rate up, develop strength, mobility, and conditioning using small equipment and body weight (45 min. | 6 yrs+)

TRX Combo ♥♥♥♥

Pair the TRX suspension trainer with a circuit of full body exercises for a cardio boost in this fun, core focused workout. (60 min. | 15 yrs+)

Zumba Gold ♥♥

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

♥ = 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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 AM		Yoga - Gentle Tuesdays Patricia - Fieldhouse		Yoga - Easy Patricia - Fieldhouse	
1:00 PM		Aqua Yoga Glenda - JDF Leisure Pool			
5:30 PM			Yoga - Hatha Flow Patricia - 101-55+ Activity Centre		
6:45 PM			Relaxing Yoga Patricia - 101-55+ 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+)

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+)

Yoga Flex ♥♥♥

For all levels of Yoga practitioners. Improve your practice by increasing your flexibility, strength, and range of motion. Suitable for all levels.

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