

RESERVABLE DROP-IN FITNESS SCHEDULE DEC. 21, 2025 - JAN. 3, 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 DEC. 21	MONDAY DEC. 22	TUESDAY DEC. 23	WEDNESDAY DEC. 24	THURSDAY DEC. 25	FRIDAY DEC. 26	SATURDAY DEC. 27
Facility Hours	7:00AM-8:00PM	6:00AM-10:00PM	6:00AM-10:00PM	6:00AM-3:00PM	Closed	Closed	7:00AM-8:00PM
Attendant On Duty	8:30AM-12:30PM 2:00PM-8:00PM	10:00AM-12:00PM 3:00PM-10:00PM	8:30AM-12:00PM 3:00PM-10:00PM	9:00AM-3:00PM	Christmas Day	Boxing Day	9:00AM-8:00PM
8:15AM	Turkey Burn Cycle						
9:00AM		On the Ball	Indoor Cycling				Indoor Cycling
10:00AM	Bootcamp						Total Body Conditioning
5:00PM		Power Circuit	Cycle Strength				
6:15PM		Functional Fitness					

FITNESS STUDIO	SUNDAY DEC. 28	MONDAY DEC. 29	TUESDAY DEC. 30	WEDNESDAY DEC. 31	THURSDAY JAN. 1	FRIDAY JAN. 2	SATURDAY JAN. 3
Open Hours	7:00AM-8:00PM	6:00AM-10:00PM	6:00AM-10:00PM	6:00AM-3:00PM	Closed	6:00AM-10:00PM	7:00AM-8:00PM
Attendant On Duty	8:00AM-12:00PM 2:00PM-8:00PM	9:00AM-12:00PM 3:00PM-10:00PM	8:30AM-12:00PM 3:00PM-10:00PM	9:00AM-3:00PM	New Year's Day	8:00AM-10:00AM 3:00PM-10:00PM	9:00AM-8:00PM
6:15AM		Indoor Cycling					
8:30AM	Turkey Burn Cycle						
9:00 AM		On the Ball	Indoor Cycling			Total Body Conditioning	Indoor Cycling
10:00 AM	Bootcamp						Total Body Conditioning
5:00 PM		Power Circuit	Cycle Strength				
6:15 PM		Functional Fitness				On the Ball	

Bootcamp ♥♥♥

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

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
			10:00AM-12:00PM			
2:00-4:00 PM	3:00-4:45 PM				4:00-6:00 PM	1:00-3:00 PM
	7:30-9:00 PM	6:30-9:00 PM	7:30-9:00 PM			

Last updated: December 16, 2025