



Print date: 2022-08-17

Summer 2022

From 2022-06-20 to 2022-09-04

OPENING HOURS

Monday - Friday: 6:45 am - 9:00 pm

Saturday - Sunday: 7:45 am - 5:00 pm

HOLIDAYS

June 24 and July 1. No group classes including aquafitness.

Group Fitness - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 - 10:00 Zumba® Studio 2 - Andrea <input type="checkbox"/>	06:45 - 07:45 Total Sculpt Studio 2 - Vicky <input type="checkbox"/>	08:55 - 09:55 Total Sculpt Studio 2 - Vicky <input type="checkbox"/>	10:00 - 11:00 Pilates Gym - André <input type="checkbox"/>	09:45 - 10:45 HIIT Studio 2 - Olena <input type="checkbox"/>	08:00 - 09:00 Cycling Studio 2 - Patrick <input type="checkbox"/>	09:00 - 10:00 Cycling Studio 2 - Patrick <input type="checkbox"/>
10:00 - 11:00 Yoga Studio 1 - Gala <input type="checkbox"/>	08:05 - 09:05 Cycling Studio 2 - Ross <input type="checkbox"/>	10:15 - 11:15 Gentle Aero-Toning Gym - Olena <input type="checkbox"/>	10:45 - 11:45 Interval Training Studio 2 - Olivia <input type="checkbox"/>		10:00 - 11:00 Pilates Studio 1 - Violaine <input type="checkbox"/>	10:00 - 11:00 Yoga Studio 1 - Kristen <input type="checkbox"/>
	10:00 - 11:00 Pilates Gym - André <input type="checkbox"/>	10:30 - 11:30 Yoga Studio 1 - Leila <input type="checkbox"/>			10:00 - 11:00 Zumba® Gym - Lucia <input type="checkbox"/>	

Group Fitness - Midday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00 - 12:00 Gentle Toning Studio 2 - Trudie <input type="checkbox"/>	11:50 - 12:50 Total Sculpt Studio 2 - Alison <input type="checkbox"/>	11:45 - 12:45 Pilates Studio 1 - Violaine <input type="checkbox"/>		11:50 - 12:50 Yoga Studio 1 - Aditi <input type="checkbox"/>	11:15 - 12:15 Bootcamp Gym - Olivia <input type="checkbox"/>	

Group Fitness - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17:15 - 18:15 Total Sculpt Gym - Kimberly <input type="checkbox"/>	17:05 - 18:05 Yoga Studio 1 - Corinne <input type="checkbox"/>	17:30 - 18:30 Stretching Studio 1 - Rosalind <input type="checkbox"/>	17:05 - 18:05 Yoga Studio 1 - Rachel <input type="checkbox"/>	17:00 - 18:00 Yoga Studio 1 - Gala <input type="checkbox"/>		
18:00 - 19:00 Cycling Studio 2 - Scott <input type="checkbox"/>	18:00 - 19:00 HIIT Outdoor - Leila <input type="checkbox"/>	18:00 - 19:00 Interval Training Gym - Lauren <input type="checkbox"/>	18:35 - 19:35 Zumba® Gym - Yvette <input type="checkbox"/>			
	18:35 - 19:35 Zumba® Gym - Anabel <input type="checkbox"/>					



Health and fitness - Small Group Training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			18:00 - 19:00 Cross Training 23 June - 4 August Studio 2 - Luce / \$ □			

Aquatics - Aquafit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:15 - 10:05 Aquafit Pool - Marjan □	12:45 - 13:35 Aqua arthritis Pool - Teresa Ⓜ □	09:15 - 10:05 Aquafit Pool - Teresa □	09:15 - 10:05 Aquafit Pool - Helen □	09:15 - 10:05 Aquafit Pool - Gayle □	08:45 - 09:35 Aquafit Pool - Teresa/Leila □	
			12:45 - 13:35 Aqua arthritis Pool - Nadia Ⓜ □			

Aquatics - Lane Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:45 - 14:45 ⑤ □	06:30 - 10:05 ⑤ □	12:45 - 14:45 ⑤ □	06:30 - 09:10 ⑤ □	11:45 - 14:45 ⑤ □	07:45 - 08:35 ⑤ □	07:45 - 08:45 ⑤ □
	13:45 - 14:45 ⑤ □		13:45 - 14:45 ⑤ □	17:00 - 18:30 ⑤ □		08:45 - 10:05 ② Ⓜ □
	18:30 - 19:15 ③ □		18:30 - 19:15 ③ □			
	19:15 - 20:30 ⑤ □		19:15 - 20:30 ⑤ □			

Aquatics - Open Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
14:45 - 15:45 BB □	14:45 - 15:45 BB □	14:45 - 15:45 BB □	14:45 - 15:45 BB □	14:45 - 17:00 BB □		08:45 - 10:05 Family Open Swim (City) (For all ages) BB Ⓜ □



Aquatics - Swimming Clubs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:30 - 07:45 Masters Swim Club (18+) Pool \$ ◆		06:30 - 07:45 Masters Swim Club (18+) Pool \$ ◆		06:30 - 07:45 Masters Swim Club (18+) Pool \$ ◆		
07:55 - 09:10 Masters Swim Club (18+) Pool \$ ◆		07:55 - 09:10 Masters Swim Club (18+) Pool \$ ◆		07:55 - 09:10 Masters Swim Club (18+) Pool \$ ◆		

Health and fitness - Sports and Recreation

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15:30 - 17:00 Open Gym Gym <input type="checkbox"/>	19:45 - 20:45 Open Volleyball (16+) Gym - Jonathan <input type="checkbox"/>	19:15 - 20:45 Supervised Cosom Hockey (18+) Gym - Chris <input type="checkbox"/>	19:45 - 20:45 Open Volleyball (16+) Gym - Jonathan <input type="checkbox"/>	12:45 - 14:45 Pickleball 1/2 Gym - Marie-Josée <input type="checkbox"/>	12:30 - 14:30 Open Gym Gym - À venir/TBA <input type="checkbox"/>	12:30 - 14:30 Open Badminton Gym - Karina <input type="checkbox"/>
19:45 - 20:45 Open Basketball (18+) Gym - À venir/TBA <input type="checkbox"/>					14:40 - 16:45 Open Volleyball (16+) Gym - Angelina <input type="checkbox"/>	

Youth Activities (12 years +)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		15:45 - 17:45 TeenZone Drop-in 29 June - 4 September <input type="checkbox"/>		18:30 - 20:00 TeenZone Drop-in 29 June - 4 September Gym <input type="checkbox"/>		



Children's activities (0-12 years)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	16:30 - 17:25 Basketball 8–9 years – Level 1 5 July - 16 August 1/2 Gym - Keven ✍️ \$ □		17:30 - 18:25 Soccer 10–11 years – Level 1 7 July - 18 August 1/2 Gym - À venir/TBA ✍️ \$ □	16:30 - 17:25 Basketball 6–7 years – Level 1 8 July - 19 August 1/2 Gym - Kai ✍️ \$ □		
	17:30 - 18:25 Basketball 10–11 years – Level 1 5 July - 16 August 1/2 Gym - Keven ✍️ \$ □			17:30 - 18:25 Soccer 6–7 years – Level 1 8 July - 19 August 1/2 Gym - Kai ✍️ \$ □		
	17:30 - 18:25 Basketball 10–11 years – Level 1 5 July - 16 August 1/2 Gym - Nima ✍️ \$ □					