

Day	Class	Time	Location
Monday	Bootcamp 15/15/15 Dance Fit Talk & Trek Sculpt & Tone Align Fit Express Cycle Kick-it Fit	6:15-7:00 a.m. 8:15-9:00am 9:15-10:00 a.m. 10:00-11:00 a.m. 11:15 a.m.-12:00 p.m. 12:15-12:45 p.m. 6:30-7:00p.m. 7:15-8:00 p.m.	Fitness Studio Fitness Studio Fitness Studio Program Rm/Track Fitness Studio Fitness Studio Fitness Studio Fitness Studio
Tuesday	Lift Lab Total Strength Vinyasa Yoga Sculpt & Tone Strong & Steady Chair Yoga Body Strong Dance Fit	6:15-7:00 a.m. 9:15-10:00 a.m. 10:15-11:00 a.m. 11:15 a.m.-12:00 p.m. 12:15-12:45 p.m. 1:15-2:00 p.m. 7:15-8:00 p.m. 8:15-9:00 p.m.	Fitness Studio Fitness Studio Fitness Studio Fitness Studio Fitness Studio Program Room Fitness Studio Fitness Studio
Wednesday	Bootcamp Cycle Step Talk & Trek Vinyasa Yoga Align Fit Chair Yoga Lift Lab Stretch & Stillness	6:15-7:00 a.m. 8:15-9:00 a.m. 9:15-10:00 a.m. 10:00-11:00 a.m. 11:15 a.m.-12:00 p.m. 12:15-12:45 p.m. 1:15-2:00 p.m. 7:15-8:00 p.m. 8:15-9:00 p.m.	Fitness Studio Fitness Studio Fitness Studio Program Rm/Track Fitness Studio Fitness Studio Program Room Fitness Studio Fitness Studio

Visit [www.saugeenshores.ca/recreation](http://www.saugeenshores.ca/recreation) to find a full list of programs and pass options at the Pryde Aquatic and Wellness Centre!



Day	Class	Time	Location
Thursday	15/15/15 Power Through Dance Fit Total Strength Stretch & Stillness Prime Motion Lift Lab Yin Yoga Bootcamp Glow Cycle	6:15-7:00 a.m. 9:15-10:00 a.m. 10:15-11:00 a.m. 11:15 a.m.-12:00 p.m. 12:15-12:45 p.m. 1:15-2:00 p.m. 5:15-6:00 p.m. 6:15-7:00 p.m. 7:15-8:00 p.m. 8:15-9:00 p.m.	Fitness Studio Fitness Studio Fitness Studio Fitness Studio Fitness Studio Fitness Studio Fitness Studio Program Room Fitness Studio Fitness Studio
Friday	Bootcamp Cycle Body Strong Talk & Trek Sculpt & Tone Stroller Fit Half-hour Hustle	6:15-7:00 a.m. 8:15-9:00 a.m. 9:15-10:00 a.m. 10:00-11:00 a.m. 11:15 a.m.-12:00 p.m. 12:00-1:00 p.m. 12:15-12:45 p.m.	Fitness Studio Fitness Studio Fitness Studio Program Rm/Track Fitness Studio Gymnasium/Track Fitness Studio
Saturday	Wild Card Workout Sculpt & Tone	9:15-10:00 a.m. 10:15-11:00 a.m.	Fitness Studio Fitness Studio
Sunday	Cycle Quadzilla Step	9:15-10:00 a.m. 10:15-11:00 a.m. 11:15 a.m.-12:00 p.m.	Fitness Studio Fitness Studio Fitness Studio

Visit [www.saugeenshores.ca/recreation](http://www.saugeenshores.ca/recreation) to find a full list of programs and pass options at the Pryde Aquatic and Wellness Centre!

