

Day	Class	Time	Location
Monday	Bootcamp Dance Fit Talk & Trek Sculpt & Tone Kick-it Fit Flow Yoga	6:15-7:00 a.m. 9:15-10:00 a.m. 10:00-11:00 a.m. 11:15 a.m.-12:00 p.m. 6:15-7:00 p.m. 8:15-9:00 p.m.	Fitness Studio Fitness Studio Track/AWC Lobby Fitness Studio Fitness Studio Fitness Studio
Tuesday	Total Strength Vinyasa Yoga Sculpt & Tone Strong & Steady Yoga (Chair) Body Strong Dance Fit	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 Fitness Studio Fitness Studio
Wednesday	Bootcamp Step Talk & Trek Vinyasa Yoga Align Fit Lift Lab Stretch & Stillness	6:15-7:00 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. 7:15-8:00 p.m. 8:15-9:00 p.m.	Fitness Studio Fitness Studio Track/AWC Lobby Fitness Studio Fitness Studio Fitness Studio Fitness Studio

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





Summer 2026 Group Fitness Schedule Begins June 29, 2026

Day	Class	Time	Location
Thursday	Power Through Dance Fit Total Strength Stretch & Stillness Quadzilla	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. 6:15-7:00 p.m.	Fitness Studio Fitness Studio Fitness Studio Fitness Studio Fitness Studio
Friday	Bootcamp Body Strong Talk & Trek Sculpt & Tone Stroller Fit	6:15-7:00 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.	Fitness Studio Fitness Studio Track/AWC Lobby Fitness Studio Track/Gymnasium
Saturday	Sculpt & Tone	10:15-11:00 a.m.	Fitness Studio
Sunday	Step Quadzilla	9:15-10:00 a.m. 10:15-11:00 a.m.	Fitness Studio Fitness Studio

Personal and Group Training is available!

Personal training can be booked with any of our Pryde AWC certified personal trainers. Training can either be purchased in single block sessions or in packages of 10. We offer individual or small group training.

Complete the online form through the website to get in touch with our fitness team: www.saugeenshores.ca/prydeawc.

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***Schedule subject to change**

