

Day	Class	Time	Location
Monday	Bootcamp	6:15-7:00 a.m.	Fitness Studio
	Dance Fit	9:15-10:00 a.m.	Fitness Studio
	Talk & Trek	10:00-11:00 a.m.	Track/AWC Lobby
	Sculpt & Tone	11:15 a.m.-12:00 p.m.	Fitness Studio
	Align Fit	12:15-12:45 p.m.	Fitness Studio
	Kick-it Fit	6:15-7:00 p.m.	Fitness Studio
	Flow Yoga	8:15-9:00 p.m.	Fitness Studio
Tuesday	Lift Lab	6:15-7:00 a.m.	Fitness Studio
	Total Strength	9:15-10:00 a.m.	Fitness Studio
	Vinyasa Yoga	10:15-11:00 a.m.	Fitness Studio
	Sculpt & Tone	11:15 a.m.-12:00 p.m.	Fitness Studio
	Strong & Steady	12:15-12:45 p.m.	Fitness Studio
	Yoga (Chair)	1:15-2:00 p.m.	Fitness Studio
	Body Strong	7:15-8:00 p.m.	Fitness Studio
Dance Fit	8:15-9:00 p.m.	Fitness Studio	
Wednesday	Bootcamp	6:15-7:00 a.m.	Fitness Studio
	Step	9:15-10:00 a.m.	Fitness Studio
	Talk & Trek	10:00-11:00 a.m.	Track/AWC Lobby
	Vinyasa Yoga	11:15 a.m.-12:00 p.m.	Fitness Studio
	Align Fit	12:15-12:45 p.m.	Fitness Studio
	Prime Motion	1:15-2:00 p.m.	Fitness Studio
	Lift Lab	7:15-8:00 p.m.	Fitness Studio
Stretch & Stillness	8:15-9:00 p.m.	Fitness Studio	

Visit 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	Power Through Dance Fit Total Strength Stretch & Stillness Quadzilla Cycle	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. 7:15-8:00 p.m.	Fitness Studio 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**

