



## Winter 2026 Group Fitness Schedule

| Day       | Class               | Time                  | Location       |
|-----------|---------------------|-----------------------|----------------|
| Monday    | Bootcamp            | 6:15-7:00 a.m.        | Fitness Studio |
|           | 15/15               | 7:15-8:00 a.m.        | Fitness Studio |
|           | Prime Motion        | 8:15-9:00 a.m.        | Fitness Studio |
|           | Dance Fit           | 9:15-10:00 a.m.       | Fitness Studio |
|           | Talk & Trek         | 10:00-11:00 a.m.      | Indoor Track   |
|           | Sculpt & Tone       | 11:15 a.m.-12:00 p.m. | Fitness Studio |
|           | Align Fit           | 12:15-12:45 p.m.      | Fitness Studio |
|           | Half-hour Hustle    | 4:45-5:15 p.m.        | Fitness Studio |
|           | Express Cycle       | 6:30-7:00 p.m.        | Fitness Studio |
|           | Power Through       | 7:15-8:00 p.m.        | Fitness Studio |
| Tuesday   | Bootcamp            | 8:15-9:00 p.m.        | Fitness Studio |
|           | HIIT                | 8:30-9:00 a.m.        | Fitness Studio |
|           | Total Strength      | 9:15-10:00 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 |
|           | 15/15/15            | 4:45-5:30 p.m.        | Fitness Studio |
|           | Body Strong         | 7:15-8:00 p.m.        | Fitness Studio |
| Wednesday | Flex & Relax        | 8:15-9:00 p.m.        | Fitness Studio |
|           | Bootcamp            | 6:15-7:00 a.m.        | Fitness Studio |
|           | Cycle               | 8:15-9:00 a.m.        | Fitness Studio |
|           | Step                | 9:15-10:00 a.m.       | Fitness Studio |
|           | Talk & Trek         | 10:00-11:00 a.m.      | Indoor track   |
|           | Flex & Relax        | 11:15-12:00 p.m.      | Fitness Studio |
|           | Align Fit           | 12:15-12:45 p.m.      | Fitness Studio |
|           | Strong & Steady     | 1:15-2:00 p.m.        | Fitness Studio |
|           | HIIT                | 4:45-5:15 p.m.        | Fitness Studio |
|           | Lift Lab            | 7:15-8:00 p.m.        | Fitness Studio |
| Thursday  | Stretch & Stillness | 8:15-9:00 p.m.        | Fitness Studio |

**Flip over for the other half of the week.**

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

**\*Schedule subject to change**



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| Day      | Class               | Time             | Location       |
|----------|---------------------|------------------|----------------|
| Thursday | Total Strength      | 8:15-9:00 a.m.   | Fitness Studio |
|          | Power Through       | 9:15-10:00 a.m.  | Fitness Studio |
|          | Dance Fit           | 10:15-11:00 p.m. | Fitness Studio |
|          | Stretch & Stillness | 12:15-12:45 p.m. | Fitness Studio |
|          | Prime Motion        | 1:15-2:00 p.m.   | Fitness Studio |
|          | HIIT                | 4:45-5:15 p.m.   | Fitness Studio |
|          | Cardio Boxing       | 6:15-7:00 p.m.   | Fitness Studio |
|          | Power Through       | 7:15-8:00 p.m.   | Fitness Studio |
|          | Glow Cycle          | 8:15-9:00 p.m.   | Fitness Studio |
|          |                     |                  |                |
| Friday   | Bootcamp            | 6:15-7:00 a.m.   | Fitness Studio |
|          | Cycle               | 7:15-8:00 a.m.   | Fitness Studio |
|          | Body Strong         | 9:15-10:00 a.m.  | Fitness Studio |
|          | Talk & Trek         | 10:00-11:00 a.m. | Fitness Studio |
|          | Sculpt & Tone       | 11:15-12:00 p.m. | Fitness Studio |
|          | Stroller Fit        | 12:00-1:00 p.m.  | Fitness Studio |
|          | Half-hour Hustle    | 12:15-12:45 p.m. | Fitness Studio |
|          | Prime Motion        | 1:15-2:00 p.m.   | Fitness Studio |
| Saturday | HITT                | 8:00-8:30 a.m.   | Fitness Studio |
|          | Wild Card Workout   | 8:45-9:30 a.m.   | Fitness Studio |
| Sunday   | Power Through       | 8:15-9:00 a.m.   | Fitness Studio |
|          | Cycle               | 9:15-10:00 a.m.  | Fitness Studio |

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