

## Winter 2026 Group Fitness Schedule

| Day       | Class               | Time                  | Location       |
|-----------|---------------------|-----------------------|----------------|
| Monday    | Bootcamp            | 6:15-7:00 a.m.        | Fitness Studio |
|           | 15/15/15            | 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 |
|           | Bootcamp            | 8:15-9:00 p.m.        | Fitness Studio |
| Tuesday   | 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 |
|           | Flex & Relax        | 8:15-9:00 p.m.        | Fitness Studio |
| Wednesday | 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 |
|           | 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**

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

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