

DROP-IN FITNESS SCHEDULE JULY 2 - AUGUST 31, 2025



FITNESS STUDIO ANNUAL MAINTENANCE CLOSURE: NO FITNESS CLASSES JULY 21-25

RESERVABLE DROP-IN FITNESS CLASSES *Included with drop-in admission or any WSPR/regional membership.*



Schedule is subject to change. Scan the code to view the up-to-date schedule, or visit wspr.ca > drop-in schedules. Reservations are strongly recommended as class sizes are limited. No classes on statutory holidays. All classes offer modifications to accommodate varying abilities/levels of fitness. Classes are 12 yrs+ unless otherwise noted.

♥ = Light Intensity | ♥♥ = Moderate Intensity | ♥♥♥ = High Intensity

FITNESS STUDIO	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15 AM		Indoor Cycling <i>Melissa</i>		Indoor Cycling <i>Jeanette</i>		Indoor Cycling <i>Michele</i>	
8:30 AM	Cycle 60 <i>Graham/Alison</i>						
9:00 AM		On the Ball <i>Glenda</i>	Indoor Cycling <i>Preston</i>		Indoor Cycling <i>Julianne</i>	Total Body Conditioning <i>Rosalie</i>	Indoor Cycling <i>Melissa/Alison</i>
9:15 AM				Total Body Conditioning <i>Jeanette</i>			
10:00 AM	Bootcamp <i>Zahra</i>						Total Body Conditioning <i>Michele/Alison</i>
10:30 AM				LIIT Workout <i>Zahra</i>			
5:00 PM		Power Circuit <i>Eugene</i>	Cycle Strength <i>Michele</i>	Power Circuit <i>Eugene</i>	Cycle Strength <i>Alison</i>		
6:00 PM	Bootcamp <i>Eugene</i>						
6:15 PM		Functional Fitness <i>Preston</i>				On the Ball <i>Glenda</i>	

Bootcamp ♥♥♥

A full body workout including cardio and strength conditioning with athletic drills, all wrapped into one! (60 min.)

Cycle 60 ♥♥♥

Work through a variety of sprinting and hill climbing drills to build your cardiovascular fitness and endurance. (60 min.)

Cycle Strength ♥♥♥

Add muscle to your indoor cycling workout with 45 minutes on the bike, followed by upper body and core strength work. (60 min.)

Functional Fitness ♥♥

A full body workout focusing on strength, agility, stability movements and flexibility using a variety of equipment. (60 min.)

Indoor Cycling ♥♥

A cardio, no impact workout set at your own intensity. Sprinting and hill climbing drills help build strength and endurance. (50 min.)

LIIT Workout ♥♥

LIIT consists of periods of low impact exercise performed in sets of intervals combined with longer periods of rest. (45 min. | 14 yrs+)

On the Ball ♥♥

A low impact, full body workout increases strength, balance and flexibility. Build stability and core using a variety of balls. (60 min.)

Power Circuit ♥♥♥

A series of full body strength, cardio and endurance drills will get your heart and muscles working and feeling great! (60 min.)

Total Body Conditioning ♥♥

A full body workout using body weight, body bars, dumbbells and more to increase overall strength, tone and function. (60 min.)

DROP-IN OPEN FITNESS STUDIO

The fitness studio is available for public use during the scheduled times below. Schedule is subject to change due to bookings. Studio is equipped with stretching mats, light/medium dumbbells and kettlebells, spin bikes, pull up bars, monkey bars, TRX, heavy bags and more! 13 yrs+.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1:00-3:00 PM						1:00-3:00 PM
					4:00-6:00 PM	
	7:30-9:00 PM	7:30-9:00 PM	7:30-9:00 PM		7:30-9:00 PM	

Last updated: June 24, 2025

HYBRID REGISTERED/DROP-IN SCHEDULE JULY 2 - AUGUST 31, 2025



FITNESS STUDIO ANNUAL MAINTENANCE CLOSURE: NO FITNESS CLASSES JULY 21-25

HYBRID REGISTERED/DROP-IN FITNESS CLASSES *Drop-in: \$15/class.*



Schedule is subject to change and requires minimum registration at the start of each month. Scan the code to view the most up-to-date schedule, or visit wspr.ca > drop-in schedules. Classes are available for drop-in at the hybrid fee noted below. Please pre-pay fee online or at reception before class. **MUST** show proof of payment to instructor. No classes on statutory holidays. All classes offer modifications to accommodate varying abilities/levels of fitness.

♥ = Light Intensity | ♥♥ = Moderate Intensity | ♥♥♥ = High Intensity

FITNESS STUDIO	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:15 AM					Zumba Gold Roxana	
12:45 PM						Baby & Me* Karla K.
6:15 PM			Core & Booty Michele	Outdoor Bootcamp Eugene		
7:15 PM		Aqua Zumba Sam - Main Pool			Zumba Fitness (7:30PM) Sam	

Aqua Zumba ♥♥

Using the Zumba philosophy, this low-impact, high-energy class tones your muscles with less impact on your joints. (45 min. | 14 yrs+)

Baby & Me ♥♥

Enhance strength and endurance alongside your young ones! For all fitness levels and postpartum bodies. (45 min. | 16 yrs+)

*Runs until July 18.

Core & Booty ♥♥

Strengthen the core muscles and redefine the lower body through Pilates and Barre-inspired exercises to tone the body. (60 min. | 12 yrs+)

Zumba Fitness ♥♥

Easy-to-follow moves and hypnotic Latin rhythms will blow you away. (60 min. | 15 yrs+)

Zumba Gold ♥♥

Zesty rhythms and easy moves for older adults and those new to fitness. (60 min. | 15 yrs+)

Outdoor Bootcamp ♥♥♥

Combine cardio drills, strength training and core conditioning for outdoor fun and energy. Meet at the Fitness Studio (60 min. | 15 yrs+)

HYBRID REGISTERED/DROP-IN WELLNESS/YOGA CLASSES *Drop-in: \$18/class.*

Hybrid wellness/yoga classes will return in the fall.



Last updated: June 24, 2025