

# FITNESS & DANCE

## SESSION ONE: SEPTEMBER – NOVEMBER 2026

## SESSION TWO: NOVEMBER – DECEMBER 2026

### Cancellations:

Facility closed and programming cancelled October 12.

### Multi-Fitness Class Discount

Sign-up for multiple fitness classes that are held in the Auditorium Fitness Studio at the Canada Summit Centre and save! You must sign up for the session; drop-in programs are not eligible.

### Fitness Rating System **NEW!**

★ Low Intensity (Beginner Level) ★★ Medium Intensity (Intermediate Level) ★★★ High Intensity (Advanced Level)  
♥ This class focuses on your cardiovascular health 🧘 This class requires floor work.

|                                               |    |     |                            |                                      |
|-----------------------------------------------|----|-----|----------------------------|--------------------------------------|
| Functional Strength Training <b>NEW!</b>      | ★★ | ♥ 🧘 | Monday & Wednesday         | 9:00am – 10:00am                     |
| Cardio Pump                                   | ★★ | ♥   | Monday<br>Wednesday        | 10:00am – 11:00am<br>6:45pm – 7:45pm |
| Callanetics                                   | ★  | 🧘   | Monday, Wednesday & Friday | 11:30am – 12:15pm                    |
| Tai Chi Walking <b>NEW!</b>                   | ★  | ♥   | Wednesday                  | 1:00pm – 1:45pm                      |
| Step and Sculpt                               | ★★ |     | Monday                     | 5:00pm – 6:00pm                      |
| Core Strength, Balance & Mobility <b>NEW!</b> | ★★ | 🧘   | Tuesday<br>Thursday        | 9:00am – 10:00am<br>7:00am – 8:00am  |
| Seated Strength                               | ★  |     | Tuesday                    | 9:30am – 10:30am                     |
| Strength and Stretch                          | ★★ | 🧘   | Tuesday<br>Thursday        | 10:45am – 11:45am<br>11:00am – Noon  |
| Stroller Fit                                  | ★  | 🧘   | Tuesday                    | Noon – 1:00pm                        |
| Line Dancing                                  | ★  |     | Tuesday                    | 1:30pm – 2:30pm                      |
| Yoga                                          | ★★ | 🧘   | Tuesday & Thursday         | 5:00pm – 6:00pm                      |
| Ballroom Dance – Level 1                      | ★  |     | Tuesday (10 weeks)         | 6:15pm – 7:15pm                      |
| Ballroom Dance – Level 2                      | ★★ |     | Tuesday (10 weeks)         | 7:15pm – 8:15pm                      |
| Balance, Mobility & Flexibility <b>NEW!</b>   | ★  | 🧘   | Wednesday                  | 10:15am – 11:15am                    |
| Tone and Sculpt                               | ★★ |     | Wednesday                  | 5:30pm – 6:30pm                      |
| Chair Yoga                                    | ★  |     | Wednesday<br>Thursday      | 5:30pm – 6:30pm<br>9:30am – 10:30am  |
| Salsa Fitness                                 | ★★ | ♥ 🧘 | Thursday                   | 9:00am – 10:00am                     |
| Qigong                                        | ★  | ♥   | Thursday                   | 11:30pm – 12:30pm                    |
| TRX and Kettlebell <b>NEW!</b>                | ★★ |     | Thursday                   | 6:30pm – 7:30pm                      |
| Morning Muscle Pump                           | ★★ | 🧘   | Friday                     | 7:00am – 8:00am                      |
| Hatha Yoga <b>NEW!</b>                        | ★  | 🧘   | Friday                     | 9:00am – 10:00am                     |
| Gentle Yoga                                   | ★  | 🧘   | Friday                     | 10:15am – 11:15am                    |
| TRX Total Body                                | ★★ |     | Saturday                   | 8:30am – 9:30am                      |



This schedule is subject to change.  
Visit [huntsville.ca](https://huntsville.ca) or scan the QR code for the most up-to-date information before heading out.

[huntsville.ca](https://huntsville.ca)

