

Fall 2026 (Sept. 8 - Dec. 18, 2026) Group Fitness Schedule

Day	Class	Time	Location
Monday	Bootcamp Dance Fit Talk & Trek Sculpt & Tone Align Fit Cycle Kick-it 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. 12:15-12:45 p.m. 6:15-7:00 p.m. 7:15-8:00 p.m.	Fitness Studio Fitness Studio Track/Program Room Fitness Studio Fitness Studio Fitness Studio Fitness Studio
Tuesday	Total Strength Yoga Sculpt & Tone Strong & Steady Yoga Balance Body Strong Dance Fit	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. 1:15-2:00 p.m. 7:15-8:00 p.m. 8:15-9:00 p.m.	Fitness Studio Fitness Studio Fitness Studio Fitness Studio Program Room Fitness Studio Fitness Studio
Wednesday	Bootcamp Cycle Step Talk & Trek Total Strength Align Fit Yoga Core Lift Lab Stretch & Stillness	6:15-7:00 a.m. 8:15-9:00 a.m. 9:15-10:00 a.m. 10:00-11:00 a.m. 11:15 a.m.-12:00 p.m. 12:15-12:45 p.m. 1:15-2:00 p.m. 7:15-8:00 p.m. 8:15-9:00 p.m.	Fitness Studio Fitness Studio Fitness Studio Track/Program Room Fitness Studio Fitness Studio Program Room Fitness Studio Fitness Studio

Visit www.saugeenshores.ca/recreation to find a full list of program descriptions and pass options at the Pryde Aquatic and Wellness Centre!



***Schedule subject to change**



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Day	Class	Time	Location
Thursday	Power Through Dance Fit Total Strength Stretch & Stillness Lift Lab Quadzilla Glow Cycle Glow Yoga	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. 5:15-6:00 p.m. 6:15-7:00 p.m. 7:15-8:00 p.m. 8:15-9:00 p.m.	Fitness Studio Fitness Studio Fitness Studio Fitness Studio Fitness Studio Fitness Studio Fitness Studio Fitness Studio
Friday	Bootcamp Body Strong Talk & Trek Sculpt & Tone Stroller Fit Half Hour Hustle	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. 12:15-12:45 p.m.	Fitness Studio Fitness Studio Track/Program Room Fitness Studio Track/Gymnasium Fitness Studio
Saturday	Ball Blitz Sculpt & Tone	9:15-10:00 a.m. 10:15-11:00 a.m.	Fitness Studio Fitness Studio
Sunday	Lift Lab Quadzilla Step	9:15-10:00 a.m. 10:15-11:00 a.m. 11:15 a.m.-12:00 p.m.	Fitness Studio Fitness Studio Fitness Studio

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