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

*Effective October 13, 2026

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

AWC

***Schedule subject to change**

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

*Effective October 13, 2026

Day	Class	Time	Location
Thursday	Power Through	9:15-10:00 a.m.	Fitness Studio
	Dance Fit	10:15-11:00 a.m.	Fitness Studio
	Total Strength	11:15 a.m.-12:00 p.m.	Fitness Studio
	Stretch & Stillness	12:15-12:45 p.m.	Fitness Studio
	Sculpt & Tone	5:15-6:00 p.m.	Fitness Studio
	Quadzilla	6:15-7:00 p.m.	Fitness Studio
	Glow Cycle	7:15-8:00 p.m.	Fitness Studio
	Glow Yoga	8:15-9:00 p.m.	Fitness Studio
Friday	Bootcamp	6:15-7:00 a.m.	Fitness Studio
	Body Strong	9:15-10:00 a.m.	Fitness Studio
	Talk & Trek	10:00-11:00 a.m.	Track/Program Room
	Sculpt & Tone	11:15 a.m.-12:00 p.m.	Fitness Studio
	Stroller Fit	12:00-1:00 p.m.	Track/Gymnasium
	Half Hour Hustle	12:15-12:45 p.m.	Fitness Studio
Saturday	Ball Blitz	9:15-10:00 a.m.	Fitness Studio
	Sculpt & Tone	10:15-11:00 a.m.	Fitness Studio
Sunday	Quadzilla	10:15-11:00 a.m.	Fitness Studio
	Lift Lab	11:15 a.m.-12:00 p.m.	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**