

2025 Winter Fitness Drop-In Class Schedule

January 6 – March 31 (No classes February 17)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Pure Strength 5:45-6:45am Trisha		Cycle 5:45 – 6:45am Trisha			
Cycle & Strength 8:00-9:00am Derrick	Aqua HIIT 8:00-8:45am Amanda D	Aquafit 8:00-9:00am Sydney	Aqua HIIT 8:00-8:45am Jasmine	Aquafit 8:00-9:00am Sydney	Aqua HIIT 8:00-8:45am Jasmine	
Cycle 9:30 -10:30am Derrick	Aquafit 9:00-10:00am Judith	Aquafit 9:00-10:00am Juliet	Aquafit 9:00-10:00am Judith	Aquafit 9:00-10:00am Sharalee	Aquafit 9:00-10:00am Sharalee	Flow 8:15-9:15am Holley
Zumba 9:30 -10:30am Michelle	Power Step 9:00-10:00am Michelle ★	Pure Strength 9:00 –10:00am Trisha ★	Body Blast 9:00 –10:00am Wendy★	Pure Strength 9:00 –10:00am Trisha ★	Groovin' 9:00 –10:00am Wendy ★	Athletic Circuit 9:15-10:15am Gina ★
Athletic Circuit 10:30-11:30am Dounia	Cycle 9:30-10:30am Trisha ★	Bootcamp 9:15 - 10:15am Derrick ★	Forever Groovin' 9:15-10:15am Amanda D ★	Groovin' 9:30-10:30am Debbie ★	Bootcamp 9:30-10:30am Gina ★	Alternating Power Step & Chisel'd 9:30-10:30am Abena/ Michelle ★
	Flow 10:30-11:30am Timmie ★	Forever Strong 10:45-11:45am Derrick ★	Cycle 9:30- 10:30am Derrick ★	Cycle Express 10:15-11:00am Christine ★	Loaded MVMNT 9:45-10:45am Jay ★	Cycle 10:30-11:30 am Trisha ★
		Loaded MVMNT- 12:15-1:00pm Judith	Flow 10:30-11:30am Katherine ★	Forever Fit 10:30-11:30am Karly ★	Flow 10:30-11:30am Cindy ★	
		Core + More 5:15 - 6:15pm Gina	Pure Strength 12:15-12:45pm Christine	Core + More 12:15-12:45pm Judith	Zumba 6:30 – 7:30pm Veronica	
	Kickbox Bootcamp 5:45-6:45pm Gina ★	Athletic Circuit 5:30-6:30pm Abena	Cycle Express 5:00-5:45pm Christine ★	Chisel'd 5:45-6:45pm Derrick	<div style="border: 2px solid blue; padding: 10px;"> <p>Reserve your spot for our drop-in programs and PLAYcare and today up to 7 days in advance.</p>  </div>	
	Cycle & Strength 6:00-7:00pm Abena ★	Zumba 5:45-6:45pm Susanne	Chisel'd 5:45-6:45pm Gina ★	Zumba 7:00-8:00pm Veronica		
		Chisel'd 7:00-8:00pm Abena	Mobility Flow 7:20-8:20pm Jay	Flow 7:15-8:15pm Cindy		

★ Indicates **PLAY care** is available during these class times. **PLAYcare** is available for ages 1-8 yrs and can be booked by phone and online.

Class Descriptions

Aquafit: An instructor led program that takes place in our warm, shallow-water pool. This class is designed for those looking to increase their mobility and stamina. This class is appropriate to people with arthritis. No swimming skills required! Location: Landrex Water Play Centre

Aqua HIIT: A fun and energizing workout that will have your heart pumping. Work both cardiovascular and muscular strength in this full body workout. All fitness levels welcome. Location: Landrex Water Play Centre.

Alternating Power Step and Chisel'd: Join Abena for Power Step (Jan 11, 25, Feb 8, 22, Mar 8, 22) Join Michelle for Chisel'd (Jan 18 in fitness studio, Feb 1, 15, March 1, 15, 29) Location: Gym Court 3

Athletic Circuit: Powerful bursts of cardiovascular drills and resistance drills that incorporate a variety of equipment. A full body workout sure to make sweat! Challenge yourself in this circuit format class where all fitness levels are welcome. Location: Tuesday: Fitness Studio. Saturday & Sunday Track Corner 4

Body Blast: This class incorporates cardio segments, resistance training, and core work using diverse fitness equipment to provide variety to your workouts. Get your heart pumping in this energy filled interval style class This fun full body class will offer modifications for all fitness levels and abilities to enjoy. Location: Wednesday: Court 3

Bootcamp: This class is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to improve your endurance and general strength. Come and enjoy the camaraderie, work hard and have fun. Location: Bright Dental North Fieldhouse

Chisel'd: This muscle conditioning class, which may include short bouts of metabolic drills, will sculpt, and shape your muscles. The instructor will get you motivated to work your muscle groups, blast your body fat and sculpt lean muscle while moving to music. Location: Wednesday's & Saturdays-Gym Court 3; Tuesday & Thursdays- Fitness Studio

Core + More: Work to strengthen and improve the function of the abdominals, lower back, and surrounding trunk muscles. Some full body movement exercises will be added in to increase core stability and strength. You will leave class with a solid mid-section that performs as good as it looks. Location: Tuesday: Multipurpose Room; Thursday: Fitness Studio

Cycle: This class takes you through a spinning routine to get your legs moving and your heart pumping. Feel free to go at your own pace or keep up with the instructor. Location: Track Corner 2

Cycle Express: Join us for this non-stop 45-minute workout. You will experience intervals, rolling hills, sprints, and climbs all to music hand-picked to motivate and inspire. Location: Track Corner 2

Cycle & Strength: This class takes you through a spinning routine to get your legs moving and your heart pumping. Incorporating some bodyweight, hand weights or resistance bands to complete a full body workout. Feel free to go at your own pace or keep up with the instructor. Location: Track Corner 2

Flow: This class incorporates yoga and/or fitness movements to balance both mind and body. This is a gentle practice and is designed for drop-in students. Leave this class feeling lighter, less stressed, and more balanced. If you wish to progress further in your yoga practice, please refer to our registered yoga classes. Location: Thursday Evening-Boardroom, Friday Morning, Saturday morning Fitness Studio.

Forever Fit: This class will work your heart and muscles by focusing on functional fitness, balance, stability, and muscular strength endurance. Location: Bright Dental North Fieldhouse

Forever Groovin': Simple moves, great music and gentle exercise make up this fun and energizing class that will safely work your heart and muscles. Location: Bright Dental North Fieldhouse

Forever Strong: Improve balance, coordination, and bone density in this fun strength class. This program is geared towards making everyday activities easier! Location: Bright Dental North Fieldhouse

Groovin': This dance/fitness class will use choreography from a variety of different dance styles (Hip Hop, Latin, Jazz, Bollywood, African, Contemporary, Disco and more). Movement through dance is a great way to get active and have fun. Location: Thursday, Fitness Studio and Fridays: Orion Plastics South Fieldhouse

Kickbox Bootcamp: This is an exhilarating mixed martial art athletic training style class. Learn how to punch effectively, kick safely, and perform hooks and uppercuts like the pros. This class provides all you need to improve your cardiovascular strength and endurance. Crossfire with a flare of bootcamp! Multilevel instruction is provided for all to enjoy. Location: Gym Court 3

Loaded MVMNT: Join us for this full body strength-based program. All fitness levels are welcome. Location: Tuesdays: Track Corner 3 and Fridays: Track Corner 4.

Mobility Flow: This class is perfect for those looking to improve their range of motion and have a better functioning and more injury resistant body. We have strength training for our muscles, why not strength training for our joints? Small equipment will supplement some of the drills that are followed up with stretching series. All fitness levels are welcome. Location: Fitness Studio

Power Step: Ramp up your cardio fitness by using a step and small equipment! This class will make you sweat through fun choreography, intervals, and strength training. Location: Monday: Fitness Studio; Saturday: Gym Court 3

Pure Strength: This muscle conditioning class will sculpt and shape your body with exercises that use your own body weight, barbells, and other weights. Location: Tuesday: Gym Court 3, Wednesdays Fitness Studio, Thursday Bright Dental North Fieldhouse

Zumba: Mix it up with this non-stop cardio dance class! Combine fast and slow rhythms to tone and sculpt your body. Add some Latin flavor into the mix and you will leave this fun, high energy class feeling rejuvenated. Location: Tuesday-Gym Court 3; Thursday- Fitness Studio

Reserve your spot today for our drop-in programs and PLAYcare today. Up to 7 days in advance online or by calling us at (780) 418-6088. Wristbands are required to attend all drop-in fitness programs. All classes are subject to change due to instructor and space availability. Please download the Rec Fit App for the most up-to-date schedule.

Cost: drop-in admission or membership required. For further information, please call Guest Services at 780.418.6088. Fitness drop-in classes are open to participants 16 years of age and older. Youth 12 – 15 years of age will also be permitted upon completion of the Smart Start for Teens orientation program. Please visit activity.stalbert.ca to see all fitness services and programs.

PLAYcare Winter Hours

Monday - Sunday 9:00am-12:00pm

Monday & Wednesdays evening 4:30-7:30pm

Closed Stat Holidays.

Updated December 30, 2024