Group Fitness

Fall Schedule: **November 30–December 20, 2026**

Visit **vikesrec.ca/group- itness** for schedule, class descriptions and to reserve your spot.

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All classes are accessible

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING			**Ride 45** 6:45–7:30AM DRIVE STU.	**Ride & Core** 6:30–7:30AM DRIVE & GWYNNE STU.			
MORNING	**Ride or Die** 9:00–10:15AM DRIVE & GWYNNE STU.	**TRX IGNITE** 9:00–10:00AM ELEVATE	**Ride & Reps** 9:00–10:15AM DRIVE & GWYNNE STU.	**Ride & TRX Strength** 9:00–10:00AM DRIVE & ELEVATE STU.	**Ride 60** 9:00–10:00AM DRIVE STU.	**Ride & TRX** 9:00–10:15AM DRIVE & ELEVATE STU.	**F' Ab Ride** 9:00–10:15AM DRIVE & GWYNNE STU.
MORNING							**Zumba** 10:30–11:30AM GWYNNE STU.
LUNCH	**Zumba** 12:15–1:00PM GWYNNE STU.	**Best Abs Ever** 12:15–1:00PM GWYNNE STU.	**Mat Pilates** 12:00–1:00PM GWYNNE STU.	**Total Strength** 12:15–1:00PM GWYNNE STU.	**Ride 45** 12:15–1:00PM DRIVE STU.		
EVENING	**Power HIIT** 5:00–6:00PM GWYNNE STU.		**TRX Body Blast** 4:30–5:30PM ELEVATE STU.		**Zumba Step** 4:45–5:45PM GWYNNE STU.		
EVENING	**Small Group Training** 5:15–6:00PM ELEVATE STU.	**LAB** 5:00–6:00PM GWYNNE STU.	**Cardio Cut** 5:00–6:00PM GWYNNE STU.	**Burn & Firm Pilates** 5:00–6:00PM GWYNNE STU.	**Glow Ride** 5:00–5:45PM DRIVE STU.		
EVENING		**Glow Ride** 6:00–6:45PM DRIVE STU.	**Glow Ride** 6:30–7:15PM DRIVE STU.	**Glow Ride** 6:00–6:45PM DRIVE STU.			
EVENING	**Burn & Balance Pilates** 6:15–7:15PM GWYNNE STU.	**Barre Fusion** 6:15–7:15PM GWYNNE STU.					
EVENING	**Glow Ride** 6:30–7:15PM DRIVE STU.						

RESERVE YOUR SPOT

vikesrec.ca/group-fitness

QUICKLY AND EASILY

Group Fitness classes are included with your **Vikes Group Fitness** membership or any membership combined with a Group Fitness membership. For more information visit **vikesrec.ca/membership**.