

Group Fitness



Fall Schedule: **September 1–November 29, 2026**

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

*No classes on September 7, 30, October 12, November 11 due to holidays.



All classes are accessible

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	Ride 45 6:45–7:30AM DRIVE STU.	Ride, Beats & Bands 6:30–7:15AM DRIVE STU.	Ride 45 6:45–7:30AM DRIVE STU.	Ride & Core 6:30–7:30AM DRIVE & GWYNNE STU.			
	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.
							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.	Zumba Step 12:00–1:00PM ELEVATE STU.			
	Ride 45 12:15–1:00PM DRIVE STU.		Ride 45 12:15–1:00PM DRIVE 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.	Ride 45 4:30–5:15PM DRIVE STU.	TRX Body Blast 4:30–5:30PM ELEVATE STU.	Ride 45 4:30–5:15PM DRIVE STU.	Zumba Step 4:45–5:45PM GWYNNE STU.		
	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.		
	Ride 45 5:15–6:00PM DRIVE STU.	Glow Ride 6:00–6:45PM DRIVE STU.	Ride 45 5:15–6:00PM DRIVE STU.	Glow Ride 6:00–6:45PM DRIVE STU.			
	Burn & Balance Pilates 6:15–7:15PM GWYNNE STU.	Barre Fusion 6:15–7:15PM GWYNNE STU.	Strength Foundations 6:15–7:15PM GWYNNE STU.	Partyfit 6:15–7:15PM GWYNNE STU.			
	Glow Ride 6:30–7:15PM DRIVE STU.		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.