GROUP FITNESS SCHEDULE - SUMMER

Sault Ste. Marie

Shine On

Effective: September 6 to September 20, 2026

Updated 08/11/2026 - Schedules are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3:30pm-4:30pm **Hatha Yoga** *(Fitness Studio)*	9:15am-10:15am **Aqua Fit** *(Pool-CLOSED)* 9:15am-10:15am **Cardio Fit** *(Fitness Studio)* 10:30am-11:00am **Sit Fit** *(Fitness Studio)* 11:15am-12:00pm **Aqua ROM** *(Pool-CLOSED)* 1:00pm-1:45pm **Forever Fitness** *(Fitness Studio)* 5:15pm-5:45pm **Tabata 30** *(Fitness Studio)* **Starts Sept 21st* 6:00pm-6:45pm **Core Conditioning** *(Fitness Studio)*	9:00am-10:00am **Aqua Fit** *(Pool-CLOSED)* 9:15am-10:15am **Muscle Fit** *(Fitness Studio)* 10:30am-11:30am **Zumba** *(Fitness Studio)* **Starts Sept 22nd* 11:15am-12:00pm **Aqua ROM** *(Pool-CLOSED)* 12:10pm-12:50pm **Cycle Fit** *(Fitness Studio)* **Starts Sept 15th* 6:00pm-6:45pm **Rhythmic Beat Based Spin** *(Fitness Studio)* **Starts Sept 8th*	9:15am-10:15am **Aqua Fit** *(Pool-CLOSED)* 9:15am-10:15am **Step Aerobics** *(Fitness Studio)* 10:30am-11:00am **Sit Fit** *(Fitness Studio)* 11:15am-12:00pm **Aqua ROM** *(Pool-CLOSED)* 12:15pm-12:45pm **Lunch HIIT** *(Fitness Studio)* 1:00pm-1:45pm **Zumba Gold** *(Fitness Studio)* 5:15pm-6:00pm **Full Body Blitz** *(Fitness Studio)* 6:15pm-7:00pm **Zen and Restore Yoga** *(Fitness Studio)* ***NEW*** *7:15pm-7:45pm* ***Brazilian Vibes*** *(Fitness Studio)* **Starts Sept 23rd*	9:15am-10:15am **Aqua Fit** *(Pool-CLOSED)* 9:15am-10:15am **Starter Muscle Fit** *(Fitness Studio)* 10:30am-11:15am **Stretch & Strengthen** *(Fitness Studio)* **Starts Oct. 8th* 11:15am-12:00pm **Aqua ROM** *(Pool-CLOSED)* 12:10pm-12:50pm **Cycle Fit** *(Fitness Studio)* **Starts Sept 17th* 6:00pm-6:45pm **Rhythmic Beat Based Spin** *(Fitness Studio)* **Starts Sept 10th*	9:15am-10:15am **Aqua Fit** *(Pool-CLOSED)* 9:15am-10:00am **Zumba** *(Fitness Studio)* 10:30am-11:00am **Sit Fit** *(Rec Room)* 11:15am-12:00pm **Aqua ROM** *(Pool-CLOSED)* 1:00pm-1:45pm **Forever Fitness** *(Fitness Studio)* *5:00pm-6:00pm* ***Kickstart Dance*** *(Fitness Studio)* *Ages 8-12* **Starts Sept 25th*	8:30am-9:15am **Cycle Fit** *(Fitness Studio)* 9:30am-10:15am **Fusion Groovin'** *(Fitness Studio)*

Special Dates:
Pool maintenance
2 week shutdown
September 6th to 20th

Statutory Holidays:
September 7th- Closed

Aqua Fit *Beginner to Intermediate*
This total body conditioning class combines cardiovascular training with strength benefits using the water as resistance. It is taught with both shallow and deep water (suspended) options so you can choose which end of the pool is best for you! Experience the benefits of water exercise with this low impact workout that is easier on the joints and allows for a gentle extension of your range of motion. Located in the pool.

Aqua ROM. *Beginner*
Using light strengthening exercises and relaxation in the warm waters of the leisure pool, Aqua R.O.M (Range of Motion) encourages the use of a full range of motion in easy movements. This class can help those with arthritis, joint issues and low mobility. Located in the Pool.

Cardio Fit *Beginner to Intermediate*
A low impact class combining aerobic and bodyweight exercises to strengthen and tone the body with minimal stress on the joints. Located in the Studio.

Core Conditioning *All Levels*
This class is designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles and increase flexibility. Located in the Studio.

Cycle Fit *All Levels*
Train your cardiovascular system on the stationary bike. Join the instructor in a class that is music-driven to train for endurance, get your heart pumping, and your legs moving. In a class, you will experience high-intensity drills, strength climbs and endurance rides, with the ability to do it all at a pace that suits you best. Located in the Studio.

Forever Fitness *All Levels*
A low impact workout that incorporates whole body movement training to build strength, improve balance, and increase range of motion to help you stay Forever Fit. Located in the Studio.

Full Body Blitz *Intermediate to Advanced*
A combination of strength, cardio and core with timed intervals of work rest to keep your heart rate up and calories burning! Located in the Studio.

Fusion Groovin' *All Levels*
A fun high energy cardio dance workout to a variety of music styles. Incorporating muscle isolating moves to give you an awesome full body workout! Located in the Studio.

Hatha Yoga *All Levels*
Based in Hatha tradition, connect and explore the subtler aspects of yourself – physically, mentally, emotionally, and spiritually. Focus on creating a stronger body-mind connection through breath and movement. Asanas, postures and movements that help improve alignment, mobility, balance, flexibility, strength, and an opportunity stretch, unwind, and release tension. Participants are encouraged to tune into their own body and practice at their own pace in accordance with needs and goals. Located in the Studio.

Kickstart Dance Ages 8-12
Love music, movement, and having fun with friends? Kickstart Dance Crew brings all young dancers together for an exciting, high-energy experience. This recreational program blends cool moves, upbeat music, and an encouraging atmosphere where everyone can shine. Whether you're just starting out or ready to take your skills to the next level, you'll learn awesome routines, build confidence, stay active, and groove with a great group of new friends!

Line Dancing *All Levels*
Get moving and learn how to line dance. Several dances will be taught during this social and fun-filled time. The first 30 minutes of the class are for beginners. Located in the Studio.

Lunch HIIT *All Levels*
Spice up your lunchtime with a 35-minute HIIT session that's both fun and invigorating. Enjoy short bursts of exercise followed by quick recovery periods, incorporating weights, cardio, core, and stabilizer exercises for a well-rounded workout! With energizing music to keep you motivated, you'll leave feeling refreshed and ready to tackle the rest of your day. Perfect for all fitness levels—make lunch the best part of your day! Located in the Studio.

Muscle Fit *Intermediate to Advanced*
This fun and high-energy class utilizes dumbbells, body bars, bands, and more to strengthen the major muscle groups of the body. Build the foundations of movement with exercises that work your core and stabilizer muscles. A lengthy warm up and cool down is incorporated to improve overall mobility. Experience with movements like lunges, planks, and squats are suggested, but not required. Located in the Studio.

Rhythmic Beat Based Spin *Intermediate to Advanced*
We're putting our SPIN on cycling, in a music beat based way! Feed off the incredible instructor's energy in the room with a combination of endurance and strength building. A whole total body workout that you won't regret! The music is loud, and the lights are glowing to give the motivation and endurance you need with a mix of fast sprints, heavy climbs, push-ups, jumps and more all timed to the beat of the music. You'll be counting down the hours until you're back on the bike and in our kickass beat-based class. See you there! Located in the Studio.

Sit Fit *All Levels*
Enjoy mild strengthening and stretching exercises. This program can be for older adults and anyone needing slow gentle movement. Mondays & Wednesdays: Located in the studio. Fridays in the Rec Room

Starter Muscle Fit *All Levels*
Join us for a fun and engaging class that offers a gentler approach to strength training while still providing a challenging workout. This class utilizes dumbbells, body bars, bands, and more to strengthen the major muscle groups with lower impact and slower, controlled movements. Stabilizer exercises are included to offer a well-rounded workout. A lengthy warm and cool down is incorporated to improve overall mobility. Previous experience is not required. Located in the Studio.

Step Aerobics *Intermediate to Advanced*
This fun, choreographed cardiovascular workout utilizes a 4-10 inch platform to increase intensity, helping you burn fat while strengthening your core and targeting key muscle groups. With classic step moves and upbeat, motivating music, you'll be stepping on and around the bench to improve your agility and coordination. Whether you're looking to challenge yourself or just have a good time, this class is designed to be exciting, welcoming, and the perfect way to get your body moving. Located in the Studio.

Stretch and Strengthen *All Levels*
Learn to strengthen your core, balance and flexibility. Learn functional movements and train to help lower the chance of injury and prepare you for daily tasks. TheraBand's and other equipment will be used. Located in the Studio.

Sweet Release Yoga *All Levels*
Deep Stretch is an ancient yoga practice to slow down, pay attention and listen to our body. Stretch and release muscles & connective tissues, deepen your movements, open and lengthen hips, pelvis, inner/outer thighs, and spine. Faster pace sequences encourage strength, but if deep stretches are not practiced, muscles and joints become susceptible to injury; flexibility and mobility can occur rapidly as we age. It also helps us to enjoy other forms of yoga by lubricating joints and improving flexibility to move more freely. Located in the Studio.

Tabata 30 *Intermediate to advanced*
Power up your fitness in just 30 minutes with Tabata30! This high-intensity interval training (HIIT) class combines bursts of cardio, strength, and resistance exercises with short recovery times, all set to energizing music. Get a total-body workout that pushes your limits, burns calories, and leaves you feeling strong—all in half an hour! Located in the Studio.

Zen and Restore Yoga *All Levels*
Focusing on meditation, breath control, and alignment. Asanas (poses) bring physical health by building muscle endurance, flexibility, balance, and coordination. Modifications, props and queueing will be used to ensure that everyone is safely performing each Asana. The hips and shoulders will be stretched and strengthened through a variety of ranges of motion. Improving the range of motion of the spine heals the body from the core outwards. Many of these poses, stimulate the internal organs, aid digestion, and increased vitality. Located in the studio.

Zumba / Zumba Gold *All Levels*
A cardio workout with Latin flavor and international zest. Zumba Gold is a cardio workout at a little slower pace. Located in the Studio.