GROUP FITNESS SCHEDULE - FALL

Sault Ste. Marie

Shine On

Effective: September 21, 2026

Updated 09/18/2026 - Schedules are subject to change

Sunday

9:30am-10:30am
Fall Back to Fitness Class
**Fall Back to Fitness Members Only*

3:30pm-4:30pm
Hatha Yoga
(Fitness Studio)

Special Class Dates:
Fall Back to Fitness Class
October 18, 25
November 1, 8, 15, 22

Monday

9:15am-10:15am
Aqua Fit
(Pool)

9:15am-10:15am
Cardio Fit
(Fitness Studio)

10:30am-11:00am
Sit Fit
(Fitness Studio)

11:15am-12:00pm
Aqua ROM
(Pool)

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)

Tuesday

9:00am-10:00am
Aqua Fit
(Pool)

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)

12:10pm-12:50pm
Cycle Fit
(Fitness Studio)

1:00pm-1:45pm
Hatha Yoga
(Fitness Studio)
**Starts Sept. 15th*

6:00pm-7:00pm
Rhythmic Beat Based Spin
(Fitness Studio)
**Starts Sept. 8th*

Wednesday

9:15am-10:15am
Aqua Fit
(Pool)

9:15am-10:15am
Step Aerobics
(Fitness Studio)

10:30am-11:00am
Sit Fit
(Fitness Studio)

11:15am-12:00pm
Aqua ROM
(Pool)

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)

5:30pm-6:15pm
Aqua Fit
(Pool)

6:15pm-7:00pm
Zen and Restore Yoga
(Fitness Studio)

NEW
7:15pm-8:00pm
Brazilian Vibes
(Fitness Studio)
**Starts Sept. 23rd*

Thursday

9:15am-10:15am
Aqua Fit
(Pool)

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)

12:10pm-12:50pm
Cycle Fit
(Fitness Studio)
**Starts Sept. 17th*

6:00pm-7:00pm
Rhythmic Beat Based Spin
(Fitness Studio)
**Starts Sept. 10th*

Friday

9:15am-10:15am
Aqua Fit
(Pool)

9:15am-10:00am
Zumba
(Fitness Studio)

10:15am-11:45am
Line Dancing
(Fitness Studio)

10:30am-11:00am
Sit Fit
(Rec Room)

11:15am-12:00pm
Aqua ROM
(Pool)

1:00pm-1:45pm
Forever Fitness
(Fitness Studio)

5:00pm-5:45pm
Kickstart Dance
(Fitness Studio)
Ages 8-12
**Starts Sept. 25th*

Saturday

8:30am-9:15am
Cycle Fit
(Fitness Studio)

9:30am-10:15am
Fusion Groovin'
(Fitness Studio)

1:30pm-3:00pm
Active Minds Brain Boost
(In partnership with The Alzheimer Society)