

Aug. 4, 2026 to Sept. 4, 2026



August Group Fitness Schedule

Mondays

12:05 p.m. to 12:50 p.m. - **Balance & Build with Kira**

Tuesdays

9:00 a.m. to 9:45 a.m. - **Essentrics with Sharron**
7:00 p.m. to 8:00 p.m. - **Yin Yoga with Nicole**

Wednesdays

12:05 p.m. to 12:50 p.m. - **Core & Bone Strength with Kelli**

Thursdays

9:30 a.m. to 10:30 a.m. - *Rooted Mind & Body with Nikki*
12:05 p.m. to 12:50 p.m. - **Strength Foundations with Kira**

Fridays

9:00 a.m. to 9:50 a.m. - **Resistance & Recovery with Kelli**
12:05 p.m. to 12:50 p.m. - **Circuit Fit with Kira**

Starred Classes have modified class schedules

Classes are free for members with 3/6/12 month memberships
All participants are required to check-in with front desk prior to class
Registration opens Friday, July 31 at 7:00 p.m.



For more information, call
807-467-2087 or email
reccentre@kenora.ca