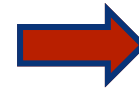


November 1 to December 19, 2025

Group Fitness Schedule



Monday



12:05 p.m. to 12:50 p.m. - *Balance and Build with Kira*
5:15 p.m. to 6:15 p.m. - *SpinStrong with Kim*

Tuesday



9:00 a.m. to 10:00 a.m. - *Step & Sculpt with Kim*
12:05 p.m. to 12:55 p.m. - *SpinStrong with Kim*
6:00 p.m. to 7:00 p.m. - *Evening Yin Yoga with Nicole*

Wednesday



12:05 p.m. to 12:50 p.m. - *Strength Foundations with Kira*
6:00 p.m. to 7:00 p.m. - *Dance Aerobics with Pasha*

Thursday



10:00 a.m. to 10:45 a.m. - *Essentrics with Sharron*
11:00 a.m. to 11:45 a.m. - *Chair Yoga with Sharron*
12:00 p.m. to 1:00 p.m. - *Gentle Hatha Yoga with Nicole*
5:15 p.m. to 6:15 p.m. - *BodyWork 360 with Kim*

Friday



12:05 p.m. to 12:55 p.m. - *Lunch Rush 45 with Kim & Kelli*

Sunday



12:05 p.m. to 12:55 p.m. - *Circuit Fit with Kira*

Classes are free for members with 3/6/12 month memberships
Non-members get a discount on full class package registrations
All participants are required to check-in with front desk prior to class

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