

December 15, 2025 to January 2, 2026



Holiday Group Fitness Schedule

December 15	→	5:15 p.m. to 6:00 p.m. - <i>Cardio Core Blast with Kelli</i>
December 16	→	12:05 p.m. to 12:50 p.m. - <i>SpinStrong with Dayna</i>
December 19	→	10:00 a.m. to 10:45 a.m. - <i>Classical Pilates with Sharron</i>
December 22	→	10:00 a.m. to 10:45 a.m. - <i>Essentrics with Sharron</i> 5:15 p.m. to 6:15 p.m. - <i>SpinStrong with Kim</i>
December 23	→	9:00 a.m. to 10:00 a.m. - <i>Move, Lift, Stretch It with Sharron</i>
December 29	→	10:00 a.m. to 10:45 a.m. - <i>Essentrics with Sharron</i> 5:15 p.m. to 6:15 p.m. - <i>SpinStrong with Kim</i>
December 30	→	10:00 a.m. to 10:50 a.m. - <i>Step & Sculpt with Kim</i> 6:00 p.m. to 7:00 p.m. - <i>Evening Yin Yoga with Nicole</i>
January 2	→	10:00 a.m. to 10:50 a.m. - <i>Resistance & Recovery with Kelli</i> 12:05 p.m. to 12:50 p.m. - <i>Power Up! with Kelli</i> 5:15 p.m. to 6:05 p.m. - <i>Zumba Rush with Karthika</i>

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 December 12 at 9:00 a.m.



Moncrief Construction
SPORTS CENTRE

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