

January 4, 2026 to February 28, 2026



Winter Group Fitness Schedule

Mondays

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

Tuesdays

6:30 a.m. to 7:15 a.m. - **Morning Meltdown* with Michelle
12:05 p.m. to 12:50 p.m. - *SpinStrong* with Kim
6:00 p.m. to 7:00 p.m. - *Evening Yin Yoga* with Nicole

Wednesdays

10:00 a.m. to 10:50 a.m. - *Step & Sculpt* with Kim
12:05 p.m. to 12:50 p.m. - *Core & Bone Strength* with Kelli

Thursdays

6:30 a.m. to 7:15 a.m. - **Morning Meltdown* with Michelle
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. - *Metcon* with Kim

Fridays

10:00 a.m. to 10:50 a.m. - *Resistance & Recovery* with Kelli
12:05 p.m. to 12:50 p.m. - *Power Up!* with Kelli
5:15 p.m. to 6:15 p.m. - *Zumba Rush* with Karthika

Sundays

12:05 p.m. to 1:05 p.m. - *Sunday Funday Fitness Mix*

Classes are free for members with 3/6/12 month memberships

All participants are required to check-in with front desk prior to class

***Starred classes shown above include schedule adjustments**



Moncrief Construction
SPORTS CENTRE

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