



FALL 2026

Drop-In Fitness Classes (Effective September 1-25, 2026)

Get your heart rate up and have fun in a variety drop-in group fitness classes with our friendly instructors. All classes take place in the Fitness Loft on the second floor.

MON	TUE	WED	THU	FRI	SAT	SUN
		7-8 a.m. ☐ Beginner Strength Training for Women		7-8 a.m. ☐ Beginner Strength Training for Women		
	8:30–9:15 a.m. Gentle Stretch	8:45–9:15 a.m. Abs Attack	8:30–9:15 a.m. Gentle Stretch	8:45–9:15 a.m. Abs Attack		
	9:15–10:15 a.m. Hi/Lo Combo	9:15–10:15 a.m. Body Sculpt	9:15–10:15 a.m. Hi/Lo Combo	9:15–10:15 a.m. Body Sculpt		
12–12:50 p.m. Boot Camp		12–12:50 p.m. Boot Camp				
	5:15–6:15 p.m. ☐ HIIT	5:55–6:55 p.m. ☐ Pilates Power	6:30–7:30 p.m. Strength Conditioning			
	6:30–7:30 p.m. Athletic Conditioning	7–8 p.m. Zumba Cardio Dance		☐ Registered program - click on the class title to register or victoria.ca/registration for more information.		



Program Descriptions

Gentle Stretch

This gentle class incorporates isometric holds, core stability and full body stretches in both seated and floor based poses.

Abs Attack

30 minutes of abdominal work, core strengthening and flexibility.

Hi/Lo Combo

Energetic cardio style class with hi/lo combos to enhance fat burning and cardiovascular efficiency.

Body Sculpt

Tone your muscles and shape your body in this strength and cardio building class.

Bootcamp

An intense workout designed to improve strength, stability, and agility.

Athletic Conditioning

A challenging class that uses complete compound movements and a variety of training techniques.

Strength Conditioning

Weight train in classes? You bet! Strength and power exercises that focus on building muscle and size.

Zumba/Cardio Dance

High energy dance workout for core strengthening and flexibility.