



**WINTER 2026**

# Drop-In Fitness Classes (Effective January 5-March 31, 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. <input type="checkbox"/> Sunrise Strength				7-8 a.m. <input type="checkbox"/> 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			11:45 a.m.-12:45 p.m. Zumba Cardio Dance Starts Feb 14	
6-7 p.m. <input type="checkbox"/> Pilates Power	5:15-6:15 p.m. <input type="checkbox"/> HIIT	5:55-6:55 p.m. <input type="checkbox"/> Pilates Power	6:30-7:30 p.m. Strength Conditioning			
7:05-8:05 p.m. <input type="checkbox"/> Retro 80's Aerobics	6:30-7:30 p.m. Athletic Conditioning	7-8 p.m. Zumba Cardio Dance Starts Feb 11		<input type="checkbox"/> <b>Registered program</b> - click on the class title to register or <a href="https://victoria.ca/registration">victoria.ca/registration</a> 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.