

September 8, 2026 to October 31, 2026

Early Fall Group Fitness Schedule

Mondays

12:05 p.m. to 12:50 p.m. • *Balance & Build* with Kira
5:15 p.m. to 6:00 p.m. • *StrongSpin* with Kira
6:15 p.m. to 7:15 p.m. • *Yin Yoga* with Nicole

Tuesdays

10:00 a.m. to 10:45 a.m. • *Essentrics Standing and Barre*
11:00 a.m. to 11:45 a.m. • *BYOBaby Fitness* with Kira
12:05 p.m. to 12:50 p.m. - *Strength Foundations* with Kira

Wednesdays

9:30 a.m. to 10:30 a.m. • *Rooted Mind and Body* with Nikki
5:15 p.m. to 6:05 p.m. • *Zumba Rush* with Karthika

Thursdays

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
12:05 p.m. to 12:50 p.m. • *Pilates* with Sharron

Fridays

12:05 p.m. to 12:50 p.m. • *Circuit Fit* with Kira
1:15 p.m. to 2:00 p.m. • *Baby Bloom* with Kira

*****Refer to all individual class posters for schedule adjustments*****

Classes are free for members with 3/6/12 month memberships
All participants must check-in with front desk prior to class

Call 807-467-2087 or email
reccentre@kenora.ca



Moncrief Construction
SPORTS CENTRE

