November 2, 2026 to December 22, 2026

Late Fall Group Fitness Schedule

Mondays
10:00 a.m. to 10:45 a.m. • *Strength Foundations*
12:05 p.m. to 12:50 p.m. • *Rooted Mind & Body* with Nikki
5:15 p.m. to 6:00 p.m. • *StrongSpin* with Kira

Tuesdays
12:05 p.m. to 12:50 p.m. • *Balance and Build* with Kira
5:15 p.m. to 6:00 p.m. • *Essentrics* with Sharron

Wednesdays
12:05 p.m. to 12:50 p.m. • *Strength Foundations* with Kira
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. • *Classical Mat Pilates* with Sharron
6:15 p.m. to 7:00 p.m. • *Circuit Fit* with Kira & Michelle
7:05 p.m. to 8:00 p.m. • *Elemental Yoga* with Nikki

Fridays
12:05 p.m. to 12:50 p.m. • *Circuit Fit* 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

Moncrief Construction SPORTS CENTRE

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