

# FITNESS SCHEDULE

Effective March 31 - June 26, 2025



Holiday hours in effect with no fitness classes running on April 18, April 21 and May 19

For holiday hours and our most current schedule visit [panoramarecreation.ca](http://panoramarecreation.ca) or scan the QR Code.

12 yrs+. Schedule subject to change without notice.

**MONDAY    TUESDAY    WEDNESDAY    THURSDAY    FRIDAY    SATURDAY    SUNDAY**

## @ Panorama Recreation Centre

<b>Bootcamp</b> 6-6:45am	<b>Spin</b> 6:15-7am	<b>Bootcamp</b> 6-6:45am	<b>Spin</b> 6:15-7am	<b>Circuit Bootcamp</b> 6-6:45am	<b>Spin</b> 8:15-9am	<b>Jazzercise**</b> 8:15-9:15am
<b>TBC</b> 9-10am	<b>Spin</b> 8-8:45am		<b>Spin</b> 8-8:45am	<b>TRX</b> 9-10am	<b>Spin</b> 9:15-10am	<b>Sports Step</b> 9:30-10:30am
<b>TRX</b> 9-10am	<b>TBC</b> 9-10am	<b>Cardio Plus</b> 9:15-10:15am	<b>TBC</b> 9-10am	<b>Cardio Plus</b> 9:15-10:15am	<b>Jazzercise **</b> 10:15-11:15am	
<b>Spin and Strength</b> 12- 1pm	<b>TRX</b> 10:30-11:30am	<b>Spin and Strength</b> 12-1pm	<b>TRX</b> 10:30-11:30am	<b>Spin and Strength</b> 12-1pm		
<b>Spin</b> 5-5:45pm	<b>HIIT</b> 5:30-6:15pm	<b>TBC</b> 1:15-2:15pm	<b>HIIT</b> 5:30-6:15pm	<b>TBC</b> 1:15-2:15pm		
<b>HIIT</b> 6-6:45pm		<b>Spin</b> 5:30-6:15pm				
<b>Jazzercise **</b> 7-8pm		<b>TRX</b> 6:30-7:30pm				
		<b>Jazzercise **</b> 7-8pm				

## @ Greenglade Community Centre

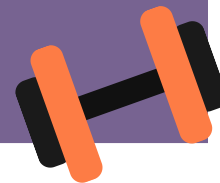
<b>Fitness Yoga*</b> 8-9am	<b>Moving On Up</b> 9:15am-10:15am	<b>Fitness Yoga*</b> 8-9am	<b>Moving On Up</b> 9:15am-10:15am	<b>Fitness Yoga*</b> 8-9am	<b>TBC</b> 9:15-10:15am	
	<b>Circuit</b> 12-1pm		<b>Circuit</b> 12-1pm	<b>TBC</b> 9:15-10:15am	<b>Fitness Yoga*</b> 10:30-11:30am	
	<b>Hatha Yoga*</b> 5:15-6:15pm	<b>Circuit</b> 7pm-8pm	<b>Hatha Yoga*</b> 5:15-6:15pm			

\*Hatha Yoga-\$13.50 drop-in or swipe of an Active Pass, \*\*Jazzercise-\$15 drop-in

Oops! Despite our best efforts, errors to published information may occur and schedules may change with short notice. In the event of an error or schedule change, the information provided by our receptionists will be deemed accurate. We apologize for any inconvenience.

# WEIGHT ROOM SCHEDULE

Effective March 31 - June 26, 2025



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Schedule subject to change without notice.

15 yrs+ (13 -15 yrs with Regional Weight Room Orientation course).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>@ Panorama Recreation Centre</b>						
<b>Weight Room</b> 6am-9:30pm	<b>Weight Room</b> 6am-9:30pm	<b>Weight Room</b> 6am-9:30pm	<b>Weight Room</b> 6am-9:30pm	<b>Weight Room</b> 6am-9:30pm	<b>Weight Room</b> 7am-8:30pm	<b>Weight Room</b> 7am-8:30pm
Supervised 7-9am 4-9:30pm	Supervised 7-9am 4-9:30pm	Supervised 7-9am 4-9:30pm	Supervised 7-9am 4-9:30pm	Supervised 7-9am 4-9:30pm	Supervised 8am-12pm 4:30-8:30pm	Supervised 8am-12pm 4:30-8:30pm
<b>@ Greenglade Community Centre</b>						
<b>Weight Room</b> 8am-8pm	<b>Weight Room</b> 8am-8pm*	<b>Weight Room</b> 8am-7:00pm	<b>Weight Room</b> 8am-8pm*	<b>Weight Room</b> 8am-8pm	<b>Weight Room</b> 9am-3pm	<b>Weight Room</b> 9am-3pm
Supervised 10am-12pm	Supervised 8-10am	Supervised 10am-12pm	Supervised 8-10am			

\*Weight Room closed 12-1pm for circuit class.

Supervised	A qualified weight room attendant will be able to assist you with basic equipment set-up and exercise technique.
Personal Training	A personal trainer will assist in developing an individualized workout and movement plan based on your history and specific goals. Our coaches will begin by observing your current movement patterns and look to optimize a routine to move with greater efficiency and function. Visit our website for more details and to download your package. Personal Training packages may also be picked up from reception.

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