

POOL SCHEDULE									
Monday		Tuesday		Wednesday		Thursday		Friday	
All Lanes Open 6-10AM		All Lanes Open 6-10AM		All Lanes Open 6-9AM		Pool Open Lanes 1-6 6:00am- 8:45pm		All Lanes Open 6-9AM	
				9:10am Aqua Bootcamp (Mel 45min)				9:10am Aqua (Ann 45min)	
10:10am Aqua (Mel 45min)		10:10am Aqua (Tracy 45min)		Pool Open Lanes 1-6 10:00am - 11:00pm				Pool Open Lanes 1-6 10:00am -12:00pm	
Pool Open Lanes 1-6 11:00am - 12:00pm		Pool Open Lanes 1-6 11:00am - 8:45pm		11:10am Aqua (Tracy 45min)				12:00pm Masters (Mel 60min) Lanes 4-6	
12:00pm Masters (Mel 60min) Lanes 4-6	Pool Open Lanes 1-3			Pool Open Lanes 1-3					
Pool Open Lanes 4-6	5:30pm Aqua Lanes 1-3 (Krista 45min)			Pool Open 1:00pm -8:45pm				Pool Open Lanes 1-6 1:00pm-8:45pm	
Pool Open Lanes 1-6 6:15pm-8:45pm									

***All Pool Lanes are open on Saturday and Sunday 8:00am-3:45pm**

- Aqua – You pick the intensity, and the instructor will lead you through a mixture of cardio, core and strength workouts. Swimming ability not required. Limit of 30.
- Aqua Bootcamp - Break out all the water drills! This aqua class is the perfect solution for people wanting to work hard, yet stay in a low impact program. Limit of 30
- Masters Swim - Swimmers of all levels of ability, from swimming for general health and enjoyment to competition are welcome in this program. Limit of 9 (Lanes 4-6)

Cycle Studio Schedule

Cycle Studio/ Pool Schedule

Spring 2025
(Revised May)



www.pefac.ca

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info@pefac.ca

Legend (for Online Viewing)

Yellow = Room CLOSED
for Rental

Blue = Kids/ Aquatics Program

Purple = Group Fitness Class

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open 6am-7:45am	Cycle Studio Open 6:00am - 5:15pm	Cycle Studio Open 6:00am - 9:00pm	Cycle Studio Open 6:00am - 8:15am	Cycle Studio Open 6:00am - 9:00pm	Open 8am-8:45am
8:00am Cycle (Ann 35min)			8:30am Ride the Rhythm Tracy (50 min)		9:00am Ride and Shine (Frances 50min)
Cycle Studio Open 8:45am - 9:00pm			Cycle Studio Open 9:30am - 5:15pm		Cycle Studio Open 10:00am - 4:00pm
	5:30pm Pedal Power (Frances 55min)		5:30pm Pedal Party/Core (Frances 55min)		
	Cycle Studio Open 6:15pm - 9:00pm		Cycle Studio Open 6:30pm - 9:00pm		

Cycle (Pedal Power/Pedal Party/Ride and Shine/Ride The Rhythm) - Moderate to Challenging classes targeting your energy zones, with a focus on endurance, strength, intervals, high intensity and recovery. Pedal Party features a 15min core workout at end. Limit of 10.