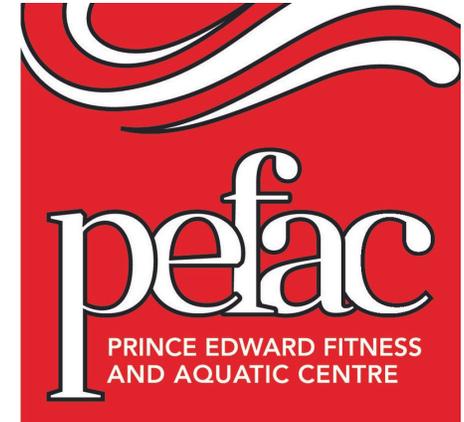


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Studio						
*Additional Group Fitness Classes can be found on the “Yoga, Multipurpose & Martial Arts” Schedule						
OPEN 8am-9:15am	OPEN 6am-7:15am	OPEN 6am-7:30am	OPEN 6am-7:30am	OPEN 6am-7:30am	OPEN 6am-7:30am	OPEN 8am-9am
	7:30 am TRX & Tone (Rick 50min)	7:45am Stretch and Strength (Deb 45min)	7:45am Body Blast (Deb 50min)	7:45am Stretch and Strength (Deb 45min)	7:45 am Cardio Blast (Ann 45 min)	
	8:45am Start Strong (Vickie/Melody 50min)	8:45am Body Blast (Deb 50min)	8:45am Muscle Mix (Melody 50min)	8:45am Body Blast (Deb 50min)	8:45am Muscle Mix (Vickie/Robyn 50min)	
9:30am Energize Me (Robyn/Vickie 50 min)	9:45am Fit for Fun (Vickie/Melody 50min)	10am Body Pump (Ann 50 min)	9:45am Aging Stronger (Leah 50 min)	9:45am Dance and Tone (Hollie 60min)	9:45am Aging Stronger (Leah/ Vickie 50min)	9:15am Saturday Fun (Janet 60min)
OPEN 10:45am - 4pm	OPEN 11am - 4:45pm	11am TRX & Tone (Rick 50min)	OPEN 11am - 5:15pm	OPEN 11am-12:45pm	OPEN 11am - 4:15pm	10:30 am Saturday Fun (Janet 60min)
		OPEN 12pm - 1:00pm				1pm Afternoon Circuit Fix (Conor 50min)
		OPEN 2pm - 6pm				
		5pm Pilates (Krista 45min)				6:15pm Circuit Breaker (Robyn 50 min)
	6pm Impact Kickboxing (Uwe 60 min)	OPEN 7:30pm - 9pm	7:15pm Karate (Sensei Kristie/Shihan Jason 60min)	OPEN 6:45pm - 9pm	OPEN 5:45pm - 9pm	
	7:15pm Karate (Sensei Kristie/Shihan Jason 60min)					
	OPEN 8:15pm-9pm		OPEN 8:15pm - 9pm			

Studio Group Fitness Schedule

Winter 2026



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info@pefac.ca

Legend (for Online Viewing)
Yellow = Room CLOSED
for Rental
Blue = Kids/ Aquatics Program
Purple = Group Fitness Class

Muscle Mix - A full body endurance + strength focused workout, using dumbbells, accessories, and bodyweight exercises. Perfect for those new to weights and strength training to help increase muscle, flexibility, build bone density and overall strength. Limit of 25.

Pilates - This introductory Pilates' class combines breathing and mat work to increase overall strength, improve posture as well as increase flexibility. This class will leave you feeling relaxed and energized. Limit of 20

Saturday Fun - Enjoy this 1-hour intermediate class with fantastic music. Lots of warm-up and cardio moves, as well as muscle conditioning, balance, posture and flexibility exercises. Limit 20

Start Strong - Want to start your day off strong? Join us for this full body work out. This class will target all major muscle groups to build up muscle strength and endurance. A variety of equipment will be used such as dumbbells, body bar, step, stability ball. Limit of 25

Stretch and Strength - combines stretch moves and light resistance to lengthen your muscles and increase your range of motion and flexibility. Limit of 25.

TRX & Tone - A full-body workout that blends TRX suspension training with resistance training to build strength, stability, and endurance. Expect dynamic, functional movements that challenge your core and major muscle groups. Scalable for all fitness levels and perfect for anyone looking to get stronger, balanced, and more conditioned. Limit of 9.

Afternoon Circuit Fix - This class is aimed to encourage the male population to enjoy the benefits of fitness in a group setting. Exercises consist of movements focusing on cardiovascular health as well as improving muscular strength and endurance. Workouts are performed in a setting where participants execute different exercises separately allowing individuals to work within their own capabilities with modifications available for all exercises. Limit of 15.

Aging Stronger – This strength class will focus on the total body, building muscle strength and bone density to help keep you active and not sitting on the sideline. Limit of 25.

Body Blast – A cardio aerobics class choreographed to great music that will get your heart rate up, blood pumping and oxygen flowing. Limit of 28.

Body Pump - A total body workout that will burn calories, shape and tone your entire body, increase core strength and improve bone health. Limit of 25.

Cardio Blast -This workout includes various routines that use short bursts of intense exercise followed by brief rest periods to maximize cardiovascular benefits in a short amount of time. Limit of 25.

Circuit Breaker: A high intensity class done in circuit stations. This workout will involve rotating through various exercises using body weight, bands, steps and weights targeting different parts of the body. Limit 20

Dance N' Tone - Fun cardio dance workout to great music, (participants are welcome to go at their own pace) plus muscular endurance. You will have so much fun; you won't even realize you're working hard! Limit of 30.

Energize Me - A cardio strength full body program that will vary with interval circuit training using resistance equipment such as weights, bars, bands and steps to enhance the effectiveness of your workouts that will have you feeling energized when you are done. Limit of 20.

Fit for Fun - Build strength, boost balance, and stay active in this low-impact class. Using light to moderate dumbbells, you'll perform simple, functional movements to improve muscle tone, joint health, posture, and everyday mobility. Each session includes a gentle warm-up, strength training, and stretching—perfect for all fitness levels. Stay strong, confident, and independent with every rep! Limit of 25

Impact Kickboxing – Impact Kickboxing is the combination of boxing, kickboxing, and Martial Arts training styles with no physical body contact. The main focus is on total body training, core strengthening, coordination, balance, and flexibility. Learn boxing and kickboxing skills techniques while improving muscle conditioning and endurance. This class will allow you to push your body, mind, spirit, and is a great way to relieve stress. Limit of 20

Karate - Okinawa Goju Ryu Karate is one of the oldest, most traditional styles of Karate. It is a beautiful style and an efficient method of self-defence, also it's a great way to get into shape. Suitable for everyone! Bi-weekly Tuesdays and Thursdays, refer to Wellness Living for accurate schedule. Limit of 15.