

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-7:30am	OPEN 6am-7:30am	OPEN 6am-7:30am	OPEN 6am-7:30am	OPEN 6am-7:30am	OPEN 8am-8:45am
	7:30 am TRX & Tone (Rick 60min)	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/Muscle Mix (Vickie/Marilyn 50min)	8:45am Body Blast (Deb 50min)	8:45am Muscle Mix (Melody 50min)	8:45am Body Blast (Deb 50min)	8:45am Body Pump/Muscle Mix (Ann/Robyn 50min)	
9:30am Sweat Roulette (Robyn/Vickie 50 min)	9:45am Muscle Mix/Yogalates (Vickie/Marilyn 50min)	11am TRX & Tone (Rick 60min)	9:45am Forever Fit (Melody 50 min)	9:45am Dance and Tone (Hollie 60min)	9:45am Aging Stronger (Leah 50min)	8:45am Saturday Fun (Janet 60min)
OPEN 10:45am - 4pm	OPEN 11am - 4:45pm	1pm Afternoon Circuit Fix (Conor 50min)	OPEN 11am - 5:15pm	OPEN 11am-12:45pm	OPEN 11am - 4:15pm	10:00 am Saturday Fun (Janet 60min)
		OPEN 2pm - 6:15pm		1pm Afternoon Circuit Fix (Conor 50min)		
	5pm Pilates (Krista 45min)	6:30pm Circuit Breaker (Robyn 50 min)	5:30pm TRX & Tone (Frances 60 min)	OPEN 2pm - 5:45pm	4:30pm Impact Kickboxing (Uwe 60 min)	OPEN 11am - 4pm
	6pm Impact Kickboxing (Uwe 60 min)			Studio CLOSED for Pedal Party / Core 6pm-6:30pm		
	7:15pm Karate (Sensei Kristie/Shihan Jason 60min)	OPEN 7:30pm - 9pm	7:15pm Karate (Sensei Kristie/Shihan Jason 60min)	OPEN 6:45pm - 9pm	OPEN 5:45pm - 9pm	
	OPEN 8:15pm-9pm					

Studio Group Fitness Schedule

Spring / Summer 2026

Revised June 1st



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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 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.

Sweat Roulette - Step into the unknown with Sweat Roulette. A high-energy, ever-changing workout designed to keep you on your toes. This intermediate-level class blends bodyweight movements with a variety of equipment, giving you a full-body challenge every time you show up. No two classes are the same. From partner circuits and team challenges to strength intervals and game-style workouts, the format is always shifting... and that's where the fun (and the burn) begins. You never know what you're going to get—but you can count on a great sweat, good laughs, and a serious workout. Limit of 20.

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.

Yogalates - A Yogalates class may include popular yoga postures like downward-facing dog and the warrior poses with Sun Salutations, stretching and intense core and abdominal strength work. Some exercises may require the use of props such as blocks, resistance bands and weights to intensify the effect. Limit of 30.

Bi-Weekly Class Schedule

Monday Start Strong - May 11th, 25th, June 8th, 22nd, July 6th, 20th, Aug 3rd, 17th, 31st

Monday Yogalates - May 4th, June 1st, 15th, 29th, July 13th, 27th, Aug 10th, 24th

Monday Pilates - May 11th, 25th, June 8th, 22nd, July 6th, 20th, Aug 3rd, 17th, 31st

Friday Muscle Mix - May 8th, 22nd, June 5th, 19th, July 3rd, 17th, 31st, Aug 15th, 28th

Friday Body Pump - May 15th, 29th, June 12th, 26th, July 10th, 24th, Aug 7th, 21st

Afternoon Circuit Fix - This class is aimed to encourage enjoying 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 12.

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 and 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.

Forever Fit - A low-impact cardio and strength class designed with you in mind. Each session targets your major muscle groups using resistance bands, free weights, bodyweight exercises, and more - all at a pace that feels good for your body. Whether you're just getting started or looking to stay active, this class is your fun, friendly space to build strength, boost endurance, and feel your best. 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.