

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

Studio Group Fitness Schedule

Fall 2026



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info@pefac.ca

Legend (for online viewing)

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 - Build strength, improve flexibility, and reconnect with your body in this welcoming beginner/intermediate Pilates class. Each class offers a fresh mix of exercises using your body weight and a mix of equipment to keep things engaging and adaptable. Whether you're newer to Pilates or looking to build on your existing practice, you'll move through exercises that challenge, stretch, and strengthen the whole body. Leave each class feeling stretched, energized, and stronger. Limit of 20.

Saturday Fun - Enjoy this intermediate class with fantastic music. A mix of cardio, 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.

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 25.

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.

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 Choreography - Join Hollie in a fun choreography based dance class. Learn a progressive dance over a few weeks and then start fresh with a whole new routine. Great for the body and the brain! No experience needed and we will always review what we've learned, in case you miss a week! Limit of 20.

Dance & 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.

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.