

Fitness & Dance

June – August 2026 (Facility closed and programming cancelled **July 1, August 3**)

Session One: June 29 - August 30

Multi-Fitness Class Discount

Sign-up for multiple fitness classes this Summer and save. You must sign up for the session; drop-in programs are not eligible. For details, scan the QR code below or visit our adult program page at huntsville.ca.

VIEW OR DOWNLOAD
**SCHEDULES
ONLINE**
AT [HUNTSVILLE.CA](https://huntsville.ca)

Qigong on the Dock	Monday & Wednesday	7:30am – 8:30am
Callanetics	Monday, Wednesday & Friday	11:30am – 12:15pm
Step and Sculpt	Monday	5:00pm – 6:00pm
Yoga on the Dock	Tuesday & Thursday	7:00am – 8:00am
Stroller Fit	Tuesday	9:30am – 10:30am
Strength and Stretch	Tuesday	10:45am – 11:45am
	Thursday	11:00am - Noon
Yoga	Tuesday (ends July 28)	5:00pm – 6:00pm
Chair Yoga	Wednesday (ends July 29)	5:30pm - 6:30pm
	Thursday (ends July 30)	9:30am – 10:30am
Cardio Pump	Wednesday	6:45pm – 7:45pm
Morning Muscle Pump	Friday	7:00am – 8:00am

Please note: Activities are held in the Fitness Studio at the Canada Summer Centre, unless noted.



This schedule is subject to change.
Visit huntsville.ca or scan the QR code for the most up-to-date information before heading out.

huntsville.ca

