

# Fitness Schedule

## June - September 2025

**Cancellations:** Can occur due to private bookings and holidays.  
Facility closed July 1, August 4 and September 1  
Please visit [Huntsville.ca](https://Huntsville.ca) for full cancellation details (scan QR code below).

VIEW OR DOWNLOAD  
**SCHEDULES  
ONLINE**  
AT HUNTSVILLE.CA

**Session One:** June 23 - August 1    **Session Two:** August 5 - August 29

<b>Intro to TRX</b>	Monday	9:00am - 10:00am
<b>Step and Sculpt</b>	Monday	5:00pm - 6:00pm
<b>Yoga on the Dock</b>	Tuesday & Thursday	7:00am - 8:00am
<b>Chair Yoga</b>	Tuesday	9:30am - 10:30am
<b>Strength and Stretch</b>	Tuesday	10:45am - 11:45am
	Thursday	11:00am - Noon
<b>Yoga</b>	Tuesday	5:00pm - 6:00pm
<b>Muscle HIIT</b>	Wednesday	7:00am - 8:00am
<b>Muscle Conditioning</b>	Wednesday	9:00am - 10:00am
<b>Tone and Core</b>	Friday	9:30am - 10:30am

## 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](https://Huntsville.ca).



[Huntsville.ca](https://Huntsville.ca)

