

Fitness & Dance

September – December 2025

Cancellations: Can occur due to private bookings and holidays.

Facility closed September 1, October 14 and December 25 & 26.

Please visit [Huntsville.ca](https://huntsville.ca) for full cancellation details (scan QR code below).

Session One: September 22 – October 31

Session Two: November 3 – December 12

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

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.

Morning Muscle Pump NEW!	Monday & Friday	7:00am – 8:00am
Total Body Conditioning	Monday & Wednesday	9:00am – 10:00am
	Wednesday	5:30pm – 6:30pm
Intro to TRX	Monday	10:15am – 11:15am
Muscle HIIT	Monday	Noon – 1:00pm
Step and Sculpt	Monday	5:00pm – 6:00pm
Zumba® NEW!	Monday	6:30pm – 7:30pm
Stroller Fit NEW!	Tuesday	9:00am – 10:00am
Pilates	Tuesday	9:00am – 10:00am
Seated Strength	Tuesday	9:30am – 10:30am
Strength and Stretch	Tuesday	10:45am – 11:45am
	Thursday	11:00am - Noon
Line Dance Beginner	Tuesday	1:30pm – 2:30pm
	Thursday	6:00pm – 7:00pm
Yoga	Tuesday & Thursday	5:00pm – 6:00pm
Ballroom Dance Beginner	Tuesday	6:15pm – 7:15pm
Ballroom Dance Intermediate	Tuesday	7:15pm – 8:15pm
Yogalates	Wednesday	10:15am – 11:15am
Chair Dance	Wednesday	1:00pm – 2:00pm
Salsa Fitness	Thursday	9:00am – 10:00am
Chair Yoga	Thursday	9:30am – 10:30am
Qigong	Thursday	1:00pm – 2:00pm
Yin Yang Yoga	Friday	9:00am – 10:00am
Gentle Yoga	Friday	10:15am – 11:15am
TRX	Saturday	8:30am – 9:30am
Solo Latin Dance	Sunday	11:00am - Noon



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