

# 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](http://huntsville.ca).



|                             |                            |                   |
|-----------------------------|----------------------------|-------------------|
| <b>Qigong on the Dock</b>   | Monday & Wednesday         | 7:30am – 8:30am   |
| <b>Callanetics</b>          | Monday, Wednesday & Friday | 11:30am – 12:15pm |
| <b>Step and Sculpt</b>      | Monday                     | 5:00pm – 6:00pm   |
| <b>Yoga On the Dock</b>     | Thursday                   | 7:00am – 8:00am   |
| <b>Stroller Fit</b>         | Tuesday                    | 9:30am – 10:30am  |
| <b>Strength and Stretch</b> | Tuesday                    | 10:45am – 11:45am |
|                             | Thursday                   | 11:00am - Noon    |
| <b>Yoga</b>                 | Tuesday (ends July 28)     | 5:00pm – 6:00pm   |
| <b>Chair Yoga</b>           | Wednesday (ends July 29)   | 5:30pm - 6:30pm   |
|                             | Thursday (ends July 30)    | 9:30am – 10:30am  |
| <b>Cardio Pump</b>          | Wednesday                  | 6:45pm – 7:45pm   |
| <b>Morning Muscle Pump</b>  | 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](http://huntsville.ca) or scan the QR code for the most up-to-date information before heading out.

[huntsville.ca](http://huntsville.ca)

