

Fitness & Dance

January – March 2026

Facility closed: **January 1**; regular programming cancelled **February 16**

Session One: January 5 – February 6

Session Two: February 9 – March 13

VIEW OR DOWNLOAD
SCHEDULES
ONLINE
AT 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	Monday & Friday	7:00am – 8:00am
Total Body Conditioning	Monday & Wednesday	9:00am – 10:00am
	Wednesday	5:30pm – 6:30pm
Step and Sculpt	Monday	5:00pm – 6:00pm
Zumba	Monday	6:30pm – 7:30pm
Stroller Fit	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
Yoga	Tuesday & Thursday	5:00pm – 6:00pm
Ballroom Dance Beginner	Tuesday (spans both sessions)	6:15pm – 7:15pm
Ballroom Dance Intermediate	Tuesday (spans both sessions)	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 NEW!	Wednesday	5:30pm – 6:30pm
	Thursday	9:30am – 10:30am
Qigong	Thursday	1:00pm – 2:00pm
Fam Fit Fun NEW!	Thursday	6:00pm – 6:45pm
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 (spans both sessions)	11:00am - Noon



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

