

FITNESS CLASS SCHEDULE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM	HIIT - Sunrise Sweat 6:00 - 7:00 AM *Functional Fitness Room	Spin 6:00 - 7:00 AM *Spin Studio	Core & Strength 6:00 - 7:00 AM *Functional Fitness Room	Spin 6:00 - 7:00 AM *Spin Studio	HIIT - Sunrise Sweat 6:00 - 7:00 AM *Functional Fitness Room		
7AM			Rumble Boxing - Power & Punat 7:00 - 8:00 AM *Cardio Studio				
8AM	Deep Water Fitness 8:00 - 8:45 AM *Pool		Deep Water Fitness 8:00 - 8:45 AM *Pool				
9AM	Barre Belle - Abs, A\$\$, Arms 9:00 - 10:00 AM *Cardio Studio	Shallow Water Fitness 9:00 - 9:45 AM *Pool	Shallow Water Fitness 9:00 - 9:45 AM *Pool		HIIT - Low Impact Ignite 9:00 - 10:00 AM *Functional Fitness Room	Pilates - Reformer Align 9:00 - 9:50 AM *Pilates Studio	Yoga - Power Flow 9:00 - 10:00 AM *Zen Studio
10AM		Barre Belle 9:30 - 10:30 AM *Cardio Studio		Barre Belle 9:30 - 10:30 AM *Cardio Studio			
11AM	Pilates - Reformer Align 10:30 - 11:20 AM *Pilates Studio			Pilates - Reformer Align 10:00 - 11:00 AM *Pilates Studio		Weekend Boost 10:30 - 11:30 AM *Functional Fitness Room	Yoga - Vinyasa Flow 10:30 - 11:45 AM *Zen Studio
12PM	Pilates - Reformer Align 11:30 AM - 12:30 PM *Pilates Studio	Power Lunch Express 12:00 - 12:30 PM *Functional Fitness	Strong in 30 12:00 - 12:30 PM *Functional Fitness Room	Lower Body Blast 12:00 - 1:00 PM *Functional Fitness Room	Iron Break 12:00 - 12:30 PM *Functional Fitness Room	Spin 12:00 - 1:00 PM *Spin Studio	HIIT - Weekend Warrior 12:00 - 1:00 PM *Functional Fitness Room
	Recharge 30 12:30 - 1:00 PM *Functional Fitness	Yoga 12:00 - 1:00 PM *Zen Studio	Upper Body Blast 12:00 - 1:00 PM *Functional Fitness Room	HIIT the Lunch Hour 12:30 - 1:00 PM *Functional Fitness Room	Noon Recharge 12:30 - 1:00 PM *Functional Fitness Room		
1PM	Virtual Spin 1:00 - 2:00 PM *Spin Studio	Virtual Spin 1:00 - 2:00 PM *Spin Studio	Virtual Spin 1:00 - 2:00 PM *Spin Studio	Virtual Spin 1:00 - 2:00 PM *Spin Studio	Virtual Spin 1:00 - 2:00 PM *Spin Studio	Virtual Spin 1:00 - 2:00 PM *Spin Studio	Virtual Spin 1:00 - 2:00 PM *Spin Studio
2PM							
3PM		Strength & Stretch - Gold 3:00 - 4:00 PM *Functional Fitness Room	Fit Ball - Gold 3:00 - 4:00 PM *Cardio Studio	Fit Ball - Gold 3:00 - 4:00 PM *Cardio Studio			
4PM							
5PM	Spin 4:30 - 5:30 PM *Spin Studio	Rumble Bootcamp - Foundations & Flow 4:30 - 5:30 PM *Cardio Studio	Pilates - Reformer Align 4:30 - 5:20 PM *Pilates Studio	Yoga - Hatha Yoga 4:30 - 5:30 PM *Zen Studio	Spin 4:30 - 5:30 PM *Spin Studio	Rumble Boxing - Box & Lift 4:30 - 5:30 PM *Cardio Studio	
6PM		Yoga - Vinyasa Flow 6:00 - 7:00 PM *Zen Studio	HIIT - Night Shift 6:00 - 7:00 PM *Functional Fitness Room	Pilates - Reformer Align 5:30 - 6:30 PM *Pilates Studio			
			Power Surge 6:00 - 7:00 PM *Functional Fitness Room	HIIT - Night Shift 6:00 - 7:00 PM *Functional Fitness Room			

FALL/WINTER 2025 FITNESS CLASS DETAILS

LED BY ECAC STAFF:

HIIT - Sunrise Sweat: A morning class with a mix of cardio and strength intervals. Class has the option to run outdoors on our fitness patio if weather permits.

Core and Strength: An hour class with a mix of core work and strength training.

Upper Body Blast: An hour full body strength class with a focus on the upper body.

Lower Body Blast: An hour full body strength class with a focus on the lower body.

HIIT Low Impact Ignite: An hour class with lower impact cardio and strength training.

HIIT - Night Shift - High-intensity intervals with strength and cardio drills.

Power Lunch Express / Recharge 30: Two classes OR one. 30 minutes of dynamic training followed by 30 minutes of mobility and stretch.

Strong in 30 / HIIT the Lunch Hour: Two classes OR one. 30 minutes of interval training followed by 30 minutes of mobility and stretch.

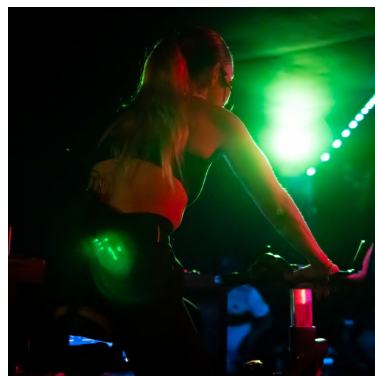
Iron Break / Noon Recharge: Two classes OR one. 30 minutes of strength training followed by 30 minutes of recovery and stretch.

HIIT Weekend Warrior: An hour weekend class with a mix of high intensity strength and cardio intervals.

Power Surge: An hour class focused on resistance training.

Step Class: Step aerobics is a high-energy cardio workout that utilizes a height-adjustable platform to create choreographed routines set to music to get a full body workout.

Water Fitness Classes: Low-impact workouts held in the pool that combine cardio, strength, and flexibility training.



LED BY THIRD PARTY WELLNESS PROVIDERS:

Spin Class: A 60 minute class on our premium spin bikes, focusing on cardiovascular improvement. Set to loud music and "club style lighting" to create an upbeat and energetic environment. Virtual classes will be available in the spin studio being taught on a screen by a virtual instructor.

Barre Belle: Barre is a low impact, full-body workout combining ballet-inspired movements with Pilates, strength and stretch. Usually done on a mat with minimal equipment and utilizing the wall bars. This class is taught by our third-party wellness provider, Barre Belle.

Yoga: A mindful practice that blends movement, breath, and stretching to build strength, flexibility, and inner calm. Taught by our third-party wellness provider, Junction 9.

Pilates: A core focused workout that uses controlled movements to improve strength, posture, and flexibility. Available with and without the use of reformer beds. Taught by our third-party wellness provider, Junction 9.

Rumble Bootcamp: A high-energy workout that combines martial arts techniques with cardio to build strength, speed and endurance. Classes taught by our third-party wellness provider, Rumble Boxing.

Strength & Stretch - Gold: A low-impact class for adults 55+, combining light strength training with guided stretching.

Fit Ball - Gold: A gentle, full-body workout using stability balls to improve strength, balance, posture, and core stability.

Questions? Reach out to Warren Reeves, *Head of Athletic Programming*, warren@ecathleticclub.ca

**CLICK HERE FOR
MORE DETAILED
CLASS
DESCRIPTIONS**

