

FITNESS CLASS SCHEDULE

FALL/WINTER 2025

DAY	TIME	PROGRAM	LOCATION
MONDAY	6:00 - 7:00 AM	HIIT - Sunrise Sweat	Functional Fitness
	6:30 - 7:30 AM	Yoga	Zen Studio
	8:00 - 8:45 AM	Deep Water Fitness	Aquatic Centre
	9:00 - 9:45 AM	Shallow Water Fitness	Aquatic Centre
	10:00 - 10:50 AM	Pilates - Reformer Align	Pilates Studio
	11:00 AM - 12:00 PM	Pilates - Reformer Align	Pilates Studio
	12:00 - 12:30 PM	Power Lunch Express	Functional Fitness
	12:30 - 1:00 PM	Recharge 30	Functional Fitness
	1:00 - 2:00 PM	Virtual Spin	Spin Studio
	4:30 - 5:30 PM	Spin	Spin Studio
	5:00 - 6:00 PM	HIIT - Night Shift	Functional Fitness
TUESDAY	9:00 - 10:00 AM	HIIT - Low Impact Ignite	Functional Fitness
	12:00 - 1:00 PM	Yoga	Zen Studio
	12:00 - 1:00 PM	Upper Body Blast	Functional Fitness
	1:00 - 2:00 PM	Virtual Spin	Spin Studio
	3:00 - 4:00 PM	Strength & Stretch - Gold	Functional Fitness
	4:30 - 5:20 PM	Pilates - Reformer Align	Pilates Studio
	5:30 - 6:30 PM	Pilates - Reformer Align	Pilates Studio
	5:30 - 6:30 PM	Spin	Spin Studio
	6:00 - 7:00 PM	Yoga - Vinyasa Flow	Zen Studio
WEDNESDAY	6:00 - 7:00 AM	Core & Strength	Functional Fitness
	8:00 - 8:45 AM	Deep Water Fitness	Aquatic Centre
	9:00 - 9:45 AM	Shallow Water Fitness	Aquatic Centre
	12:00 - 1:00 PM	Pilates - Reformer Align	Pilates Studio
	12:00 - 12:30 PM	Strong in 30	Functional Fitness
	12:30 - 1:00 PM	HIIT the Lunch Hour	Functional Fitness
	1:00 - 2:00 PM	Virtual Spin	Spin Studio
	3:00 - 4:00 PM	Fit Ball - Gold	Cardio Studio
	4:30 - 5:30 PM	Yoga - Hatha Yoga	Zen Studio
	6:00 - 7:00 PM	Power Surge	Functional Fitness

DAY	TIME	PROGRAM	LOCATION
THURSDAY	10:00 - 11:00 AM	Pilates - Reformer Align	Pilates Studio
	12:00 - 1:00 PM	Lower Body Blast	Functional Fitness
	1:00 - 2:00 PM	Virtual Spin	Spin Studio
	3:00 - 4:00 PM	Fit Ball - Gold	Cardio Studio
	4:30 - 5:30 PM	Spin	Spin Studio
	5:30 - 6:30 P M	Spin	Spin Studio
	6:00 - 7:00 PM	HIIT - Night Shift	Functional Fitness
FRIDAY	6:00 - 7:00 AM	HIIT - Sunrise Sweat	Functional Fitness
	9:00 - 10:00 AM	HIIT - Low Impact Ignite	Functional Fitness
	12:00 - 12:30 PM	Iron Break	Functional Fitness
	12:30 - 1:00 PM	Noon Recharge	Functional Fitness
	1:00 - 2:00 PM	Virtual Spin	Spin Studio
SATURDAY	9:00 - 9:50 AM	Pilates - Reformer Align	Pilates Studio
	10:00 - 11:00 AM	Yoga - Power Flow	Zen Studio
	10:30 - 11:30 AM	Weekend Boost	Functional Fitness
	12:00 - 1:00 PM	HIIT - Weekend Warrior	Functional Fitness
	1:00 - 2:00 PM	Virtual Spin	Spin Studio
SUNDAY	8:00 - 9:00 AM	Pilates - Reformer Align	Pilates Studio
	9:00 - 9:50 AM	Pilates - Reformer Align	Pilates Studio
	10:30 - 11:45 AM	Yoga - Vinyasa Flow	Zen Studio
	12:00 - 1:00 PM	HIIT - Weekend Warrior	Functional Fitness
	1:00 - 2:00 PM	Virtual Spin	Spin Studio

[Click Here](#) for more detailed class descriptions.

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

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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.

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.

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.

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.

