



FITNESS CLASS SCHEDULE

MONDAY



TIME	CLASS	INSTRUCTOR	TYPE	ACCESS
06:00–07:00	HIIT - Morning Sweat Lab	Rachael	HIIT	Drop-In: \$15
08:00–09:00	Virtual Spin	ICG Coach	Cycling	Drop-In: FREE
11:00–11:45	Swim – Adult Aquafit	Swim Coach	Aquafit	Register: \$80
12:00–13:00	HIIT – TRX Ignite	Brandon	HIIT	Drop-In: FREE
16:00–17:00	Virtual Spin	ICG Coach	Cycling	Drop-In: FREE
17:00–18:00	Strength & Conditioning – Power Surge	Warren	Strength	Drop-In: \$15

TUESDAY

TIME	CLASS	INSTRUCTOR	TYPE	ACCESS
06:00–07:00	HIIT – Gym Floor Grind	Liana	HIIT	Drop-In: FREE
08:00–09:00	Virtual Spin	ICG Coach	Cycling	Drop-In: FREE
09:00–10:00	HIIT – Low Impact Ignite	Liana	HIIT	Drop-In: \$15
12:00–12:50	Mat Pilates – Sculpt	Lisa	Pilates	Drop-In: \$15
12:00–13:00	HIIT – Lunch Crunch	Liana	HIIT	Drop-In: \$15
16:00–17:00	HIIT – Hyrox Hybrid Conditioning	Brandon	HIIT	Drop-In: \$15
16:00–17:00	Virtual Spin	ICG Coach	Cycling	Drop-In: FREE
17:30–18:30	Cycling – Ride Strong	Martine	Cycling	Drop-In: FREE

WEDNESDAY

TIME	CLASS	INSTRUCTOR	TYPE	ACCESS
07:00–07:50	Pilates - Reformer Align	Brittany	Pilates	Register: \$20
08:00–09:00	Virtual Spin	ICG Coach	Cycling	Drop-In: FREE
08:00–09:00	HIIT – TRX Ignite	Warren	HIIT	Drop-In: FREE
11:00–11:45	Swim – Adult Aquafit	Swim Coach	Aquafit	Register: \$80
12:00–13:00	Strength & Conditioning – Upper Body Blast	Liana	Strength	Drop-In: \$15
16:00–17:00	Virtual Spin	ICG Coach	Cycling	Drop-In: FREE
17:00–18:00	HIIT – Gym Floor Grind	Liana	HIIT	Drop-In: FREE

THURSDAY

TIME	CLASS	INSTRUCTOR	TYPE	ACCESS
06:00–07:00	Strength & Conditioning – The Core Awakens	Liana	Strength	Drop-In: \$15
08:00–09:00	Virtual Spin	ICG Coach	Cycling	Drop-In: FREE
12:00–13:00	HIIT – Gym Floor Grind	Liana	HIIT	Drop-In: FREE
16:00–17:00	Virtual Spin	ICG Coach	Cycling	Drop-In: FREE
18:00–18:45	Mat Pilates – Sculpt	Brittany	Pilates	Register: \$64
19:00–19:45	Pilates - Reformer Align	Brittany	Pilates	Register: \$80



FITNESS CLASS SCHEDULE

FRIDAY



TIME	CLASS	INSTRUCTOR	TYPE	ACCESS
06:00–07:00	HIIT – Gym Floor Grind	Liana	HIIT	Drop-In: FREE
07:00–07:50	Barre – Sculpt	Brittany	Barre	Register: \$64
08:00–09:00	Virtual Spin	ICG Coach	Cycling	Drop-In: FREE
09:00–10:00	HIIT – Low Impact Ignite	Liana	HIIT	Drop-In: \$15
12:00–12:45	Pilates - Reformer Align	Brittany	Pilates	Register: \$20
12:00–13:00	HIIT – Lunch Crunch	Brandon	HIIT	Drop-In: \$15
13:00–14:00	Cycling - Master the Ride	Brandon	Cycling	Drop-In: \$10
16:00–17:00	Virtual Spin	ICG Coach	Cycling	Drop-In: FREE

SATURDAY

TIME	CLASS	INSTRUCTOR	TYPE	ACCESS
09:00–10:00	HIIT – TRX Ignite	Liana	HIIT	Drop-In: FREE
10:30–11:15	Mat Pilates – Sculpt	Brittany	Pilates	Register: \$64
11:00–12:00	Cycling + HIIT – Ride the Grind	Liana	Cycling	Drop-In: \$10
11:30–12:20	Pilates - Reformer Align	Brittany	Pilates	Register: \$20
13:00–14:00	Virtual Spin	ICG Coach	Cycling	Drop-In: FREE
13:00–14:00	HIIT – Weekend Warrior	Liana	HIIT	Drop-In: \$15

SUNDAY

TIME	CLASS	INSTRUCTOR	TYPE	ACCESS
08:00–08:50	Pilates – Reformer Strong	Brittany	Pilates	Register: \$20
09:00–09:50	Pilates – Reformer Align	Brittany	Pilates	Register: \$20
10:00–11:00	HIIT - TRX Ignite	Brandon	HIIT	Drop-In: FREE
11:00–12:00	HIIT – Hyrox Hybrid Conditioning	Brandon	HIIT	Drop-In: \$15
13:00–14:00	Cycling – Ride Strong	Brandon	Cycling	Drop-In: FREE

Drop-In: FREE — Drop-in sessions are free to attend. No registration or payment required.

Drop-In: \$ — Indicates a paid drop-in fee (see Access line for amount).

Register: \$ — Indicates a registered program (see Access line for fee).

Thoughtfully designed classes to support performance, wellness, and connection.

CLASS DESCRIPTIONS

CYCLING

Ride Strong

Steady power. Solid results. This intermediate-level spin class blends endurance training, strength intervals, and rhythm-based riding for a challenging and energizing ride. Expect hill climbs, sprints, and drills that build cardiovascular fitness and lower body strength. Ride Strong is all about consistent effort and steady progress—no experience required, just a willingness to push.

Virtual Spin

Join virtual classes taught in the spin room by a virtual instructor. Get the energy of a live class with the flexibility of a virtual experience.

Intro to ICG – Master the Ride

In this 4-week program, you'll hop on the Life Fitness ICG bikes, discover your FTP (Functional Threshold Power), and learn to navigate the bike's software. Perfect for all levels, this class helps you track performance and take your cycling to the next level.

Ride the Grind

Crank up the resistance and turn up the intensity. This 60-minute class combines 30 minutes of high-energy spin with 30 minutes of full-body HIIT. Build endurance, boost strength, and push your limits — one grind at a time.

PILATES

Reformer Align (4-week program)

Designed for beginners and beginner-to-intermediate participants, this Reformer Pilates program builds confidence, strength, and proper technique. Classes focus on fundamentals while gradually increasing challenge, emphasizing alignment, core engagement, and breath. Each week builds on the last, helping you develop strength, stability, and body awareness in a supportive, small-group setting.

Reformer Strong (4-week program)

For those with prior Pilates experience, this progressive program challenges strength, control, and precision beyond the basics. Each class introduces advanced sequences, increased resistance, and layered movements to enhance muscular endurance and core stability. Expect an athletic, intentional approach with strong emphasis on form, flow, and week-to-week progression.

Mat Pilates – Sculpt (4-week program)

Strengthen, stretch, and tone your entire body! Open to all fitness levels, this program focuses on core stability, flexibility, and mindful movement to improve posture, balance, and overall body awareness.



HIIT / STRENGTH & CONDITIONING

Power Lunch Express

Maximize your lunch break with a fast-paced, 1-hour HIIT class. Expect strength, cardio, and core intervals designed to boost energy, burn calories, and build endurance in a time-efficient format.

Gym Floor Grind

A high-energy, full-body workout focusing on athletic movement, conditioning, and grit. Built mostly around bodyweight exercises with some equipment for variety. Circuits, intervals, and team-style energy push limits while remaining scalable for all levels.

Low Impact Ignite

Designed for members 55+, this low-impact class improves strength, balance, flexibility, and cardiovascular health in a joint-friendly environment. Gentle movements and guided modifications help participants safely build confidence and mobility.

Weekend Warrior

Recharge your Sunday with high-energy HIIT combining quick bursts of cardio and strength. Reset for the week ahead with a mix of challenge and feel-good movement. All fitness levels welcome.

Hyrox Hybrid Conditioning (60 min / 4-week program)

Race-inspired total-body workout blending functional strength with sustained conditioning intervals. Builds endurance, strength, and work capacity. Scalable for all levels, suitable for beginners or those preparing for endurance events.

TRX – Ignite

Fire up your strength, core, and conditioning in this 60-minute suspension training class. High-energy intervals challenge balance, stability, and total-body strength, scalable for all fitness levels.

Upper Body Blast

Focus on sculpting and strengthening your upper body. Targeted lifts, conditioning drills, and core work improve endurance and performance.

The Core Awakens

Start your morning with a focused workout blending core conditioning and full-body strength. Build stability, tone muscles, and boost energy. Open to all levels.



AQUAFIT / WATER FITNESS

Aquafit – Water Fitness

A full-body workout in the pool combining shallow and deep-water exercises. Improves strength, endurance, and flexibility while being easy on the joints. Suitable for all fitness levels.

BARRE

Barre – Sculpt (4-week program)

Tone, strengthen, and sculpt your entire body with ballet-inspired movements, core work, and light weights. Perfect for all levels.

REGISTER HERE or online through the Member Portal, or at Member Services Front Desk.

Warren Reeves, *Head of Athletic Programming*
warren@ecathleticclub.ca

Emily Stow, *Aquatics Manager*
aquatics@ecathleticclub.ca

www.ecathleticclub.ca | 825.962.ECAC (3222)

