

DROP-IN GROUP FITNESS SCHEDULE

January 12 - April 30, 2026

MONDAY

Mat Pilates

8:30 - 9:25 am

Aquafit

9 - 9:45 am

Osteo-Fitness

10 - 10:50 am

Core/Balance

10 - 10:50 am

Osteo-Power

11 - 11:50 am

Strength with Stretch

12 - 12:50 pm

Power Pilates

12 - 12:55 pm

Rhythm Cycle

7:30 - 8:20 pm

TUESDAY

Power Pilates

8:30 - 9:25 am

Aquafit

9 - 9:45 am

Zumba

9 - 9:55 am

Aquafit

10 - 10:45 am

Brain/Brawn

11:15 - 12 pm

Yoga

11:30 - 12:10 pm

12:15 - 12:55 pm

Dance Mix

12 - 12:50 pm

Yoga Nidra/Meditation

1 - 1:30 pm

Belly Dancing

1 - 1:50 pm

Power Pilates

4:30 - 5:25 pm

Yoga - Hatha

7 - 7:55 pm

Rhythm Cycle

7:30 - 8:25pm

WEDNESDAY

Mat Pilates

8:30 - 9:25 am

Aquafit

9 - 9:45 am

Osteo-Fitness

10 - 10:50 am

Osteo-Power

11 - 11:50 am

Chair Fitness

12 - 12:50 pm

Power Pilates

12 - 12:50 pm

Flex and Flow

4 - 4:50 pm

THURSDAY

Power Pilates

7:30 - 8:25 am

Aquafit

9 - 9:45 am

Gentle Aquafit

10 - 10:45 am

Seniors Yoga

10:30 - 11:25 am

Belly Dancing

10:30 - 11:20 am

Yoga

11:30 am - 12:10 pm

Cardio/Muscle Jam

12 - 12:50 pm

Yoga Nidra/Meditation

12:15 - 1 pm

Salsa

4 - 4:55 pm

Yoga - Hatha

7 - 7:55 pm

FRIDAY

Aquafit

9 - 9:45 am

Osteo - Fitness

10 - 10:50 am

Strength with Stretch

11 - 11:50 am

Release & Restore

12 - 12:50 pm

Location

 Bailey Fitness Studio 1

 Fitness Studio 2

 Allan Marshall Pool

Please check our social media and website for cancellations and updates.

Schedule updated as of December 22, 2025.

DROP-IN FITNESS CLASSES ARE FREE TO ATTEND FOR ALL TRENT STUDENTS AND ATHLETICS CENTRE MEMBERS