

DROP-IN GROUP FITNESS SCHEDULE

January 5 - 9, 2026

MONDAY

Mat Pilates
8:30 - 9:25 am

Aquafit
9 - 9:45 am

Osteo-Fitness
10 - 10:50 am

Osteo-Power
11 - 11:50 am

Strength with Stretch
12 - 12:50 pm

Power Pilates
12 - 12:55 pm

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

Schedule
updated as of
December 17,
2025.

TUESDAY

Power Pilates
8:30 - 9:25 am

Aquafit
9 - 9:45 am

Zumba
9 - 9:55 am

Aquafit
10 - 10:45 am

Yoga
11:30 - 12:10 pm
12:15 - 12:55 pm

Yoga Nidra/Meditation
1 - 1:30 pm

Power Pilates
4:30 - 5:25 pm

Yoga - Hatha
7 - 7:55 pm

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 - 12:55 pm

Flex and Flow
4 - 4:50 pm

THURSDAY

Power Pilates
7:30 - 8:25 am

Aquafit
9 - 9:45 am

Aquafit
10 - 10:45 am

Seniors Yoga
10:30 - 11:25 am

Yoga
11:30 am - 12:10 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 & Stretch
11 - 11:50 am

Release & Restore
12 - 12:50 pm

Location

 Bailey Fitness Studio 1

 Fitness Studio 2

 Allan Marshall Pool

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