

# DROP-IN GROUP FITNESS SCHEDULE

September 2 - December 19, 2025

## MONDAY

**Mat Pilates**  
8:30 - 9:30 am

**AquaFit**  
9 - 9:45 am

**Osteo-Fitness**  
10 - 11 am

**Core/Balance**  
10 - 10:55 am

**Gentle Movement & Stretch**  
11 am - 12 pm

**Power Pilates**  
12 - 1 pm

**Strength & Stretch**  
12 - 1 pm

**Rhythm Cycle**  
7:30 - 8:30 pm

## TUESDAY

**Power Pilates**  
8:30 - 9:30 am

**AquaFit**  
9 - 9:45 am  
10 - 10:45 am

**Brain / Brawn**  
10:30 - 11:30 am

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

**Dance Mix**  
12 - 1 pm

**Belly Dancing**  
1 - 2 pm

**Yoga Nidra**  
1 - 1:30 pm

**Power Pilates**  
4:30 - 5:30 pm

**Rhythm Cycle**  
5:30 - 6:30 pm

**Yoga Hatha**  
7 - 8 pm

## WEDNESDAY

**Mat Pilates**  
8:30 - 9:30 am

**AquaFit**  
9 - 9:45 am

**Osteo-Fitness**  
10 - 11 am

**Chair Exercise**  
11 am - 12 pm

**Strength & Stretch**  
12 - 1 pm

**Power Pilates**  
12 - 1 pm

## THURSDAY

**Power Pilates**  
7:30 - 8:30 am

**AquaFit**  
9 - 9:45 am

**Belly Dancing**  
10:30 - 11:30 am

**Senior's Yoga**  
10:30 - 11:25 am

**Yoga**  
11:30 am - 12:10 pm

**Cardio / Muscle Jam**  
12 - 1 pm

**Yoga Nidra**  
12:15 - 1 pm

**AquaFit**  
2:30 - 3:15 pm

**Zumba**  
4 - 5 pm

**Yoga Hatha**  
7 - 8 pm

## FRIDAY

**AquaFit**  
9 - 9:45 am

**Osteo - Fitness**  
10 - 11 am

**Strength & Stretch**  
11 am - 12 pm

**Mindfulness Yoga**  
12 - 1 pm

**Cleaning**  
**Fitness Studio #1**  
7:30 - 8:30 am

**Take place in the pool**

**Take place in Fitness Studio 2**

**Take place in Bailey Fitness Studio 1**

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

Schedule updated as of November 12, 2025

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