

Facility Hours **CAMPBELLFORD**

Monday-Friday	6:00am - 9:00pm
Saturday	7:00am - 8:00pm
Sunday	7:00am - 5:00pm

GROUP FITNESS SCHEDULE

November 3 - December 21, 2025

All Group Fitness classes are subject to a minimum of three (3) participants. Attendance will be monitored, classes will be cancelled if minimum is not met.

Participants must be 16 years or older to attend Group Fitness Classes

All Therapy Pool classes limited to 35 participants using a token system

Studio A & B Lane Pool

◆ New class

Studio B

Therapy Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am - 7:15am Bootcamp	6:30am - 7:15am Core & Strength	6:30am - 7:15am Bootcamp				
8:30am - 9:15am AquaFit	8:30am - 9:15am AquaFit	8:30am - 9:15am AquaFit	8:30am - 9:15am AquaFit	8:30am - 9:15am AquaFit	8:00am - 8:45am Bootcamp	
9:30am - 10:15am Gentle AquaFit	9:30am - 10:15am Gentle AquaFit	9:30am - 10:15am Gentle AquaFit	9:30am - 10:15am Gentle AquaFit	9:30am - 10:15am AquaYoga		
9:30am - 10:15am CycleFit	9:00am - 9:45am Cardio Kickboxing	9:30am - 10:00am Cycle Fit Express	10:00am - 11:00am Prime Time	9:30am - 10:30am Cycle Fit Power Hour		
11:00am - 12:00pm Yoga	10:00am - 11:00am Prime Time	11:00am - 12:00pm Yoga	11:15am - 12:00pm Beginner Pilates	11:00am - 12:00pm Yoga		
12:15pm - 1:15pm Chair Yoga	12:15pm - 1:15pm Chair Pilates	12:15pm - 1:15pm Chair Strength/Yoga	12:15pm - 1:00pm Chair Pilates	1:15pm - 2:00pm Mom & Baby Circuit**		
1:15pm - 2:00pm Baby Water Bootcamp**	1:15pm - 2:00pm AquaFit	1:15pm - 2:00pm Gentle AquaFit	1:15pm - 2:00pm AquaFit	1:15pm - 2:00pm Gentle AquaFit		
			5:00pm - 5:45pm Cardio Kickboxing			
5:30pm - 6:15pm AquaFit	6:15pm - 7:00pm Strong Bodies	5:30pm - 6:15pm AquaFit	6:15pm - 7:00pm Strong Bodies	5:00pm - 5:45pm Water Bootcamp		
	7:15pm - 8:00pm Yoga		7:15pm - 8:00pm Yoga			

SUNNY LIFE RECREATION & WELLNESS CENTRE

Scan to view more details online.



Class Descriptions

BEGINNER PILATES

Introduces core-strengthening and flexibility exercises through gentle, controlled movements on a mat, focusing on improving posture, balance, & overall body awareness.

BOOTCAMP

Combining dynamic strength exercises and heart-pumping cardio intervals, this full-body workout builds power, stamina, and agility. For all fitness levels.

CARDIO KICKBOXING ◆

A high-energy, full-body workout that blends martial arts-inspired movements with heart-pumping cardio drills. Punch, kick, and strike your way through combinations. Set to upbeat music to improve strength, endurance, coordination, and agility.

CHAIR PILATES ◆

Beginner-friendly, it improves flexibility, core strength, and posture. Focused on controlled movements, alignment, and mindful breathing, this low-impact workout builds a strong foundation.

CORE & STRENGTH

Strengthen your foundation with a full-body workout focused on enhancing core stability and overall strength. Mixing targeted exercises and strength-building movements, improve balance, posture, and functional fitness. Suitable for all fitness levels.

CYCLEFIT + CYCLEFIT EXPRESS ◆

Burn calories and get the heart pumping during a ride packed with climbs, sprints, and intervals to build strength, endurance, and power. Set to motivating music and led by your instructor, use our specialized bikes that can be customized to your fitness level. Our high-energy 30-minute EXPRESS version will maximum results in minimal time. Perfect for busy schedules.

Schedules subject to change.

CYCLEFIT POWER HOUR ◆

The ultimate 60-minute ride for those who love endurance and challenge. Climb hills, sprint flats, and power through intervals that build strength and stamina. With motivating music and instructor energy, you'll push past your limits and leave feeling strong and unstoppable.

PRIME TIME

Geared to adults 55+, this gentle intensity class focuses on cardiovascular fitness with low impact aerobics, strength through resistance training and endurance with repetitive moves for balance, core strength and flexibility.

STRONG BODIES

A moderate intensity, fat burning & muscle sculpting workout that includes strength and cardio interval training for the entire body. Each instructor will bring their own unique approach and variety to this beloved class.

YOGA CLASSES

CHAIR YOGA

Improve flexibility, strength, and balance through seated and standing poses while promoting relaxation and mindfulness. Ideal for beginners or those with mobility challenges.

YOGA

This all-levels class is designed to enhance flexibility, strength, and relaxation. Improve balance and posture while reducing stress.

MOTHERS OF NEWBORN CLASS

****Requires Mothers of Newborn Membership**

MOM & BABY CIRCUIT** ◆

This new addition to the Mothers of Newborn Program will be a well-rounded weekly circuit workout; incorporating free weights & cross fit style stations. Baby's can join in strollers, or bring toys for them to play with.

POOL CLASSES

AQUAFIT

An excellent low impact, calorie burning, full body workout that is gentle on the joints and great for participants recovering from injuries.

AQUA YOGA

The perfect combo of yoga principles and water's buoyancy to enhance flexibility, strength, and balance. This low-impact class supports movement, reduces joint stress, and is suitable for all fitness levels and those with joint pain or limited mobility.

BABY WATER BOOTCAMP**

Using the properties of water, exercises are used to improve your strength and stamina while baby is able to float and play using our baby floating devices. This program is always a baby favorite!!!

GENTLE AQUAFIT

This gentle aquafit class offers a low-impact, full-body workout that is easy on the joints while effectively burning calories. Ideal for participants recovering from injuries, it provides a safe and supportive environment to improve strength and flexibility.

WATER BOOTCAMP

This high-energy, full-body class combines strength, cardio, and core exercises. Using the natural resistance of water, get intensity while being easy on the joints, making it accessible for all fitness levels.