

# FALL 2025


## SEPTEMBER 8 – DECEMBER 20

### GROUP FITNESS

TIME	MON	TUE	WED	THU	FRI	SAT
7:00 AM			<b>SUNRISE YOGA</b> HS   45 min   Anuja			
8:30 AM						<b>INDOOR CYCLING</b> RR   60 min   Various
	<b>CYCLING EXPRESS</b> RR   40 min   Paul	<b>DEEP WATER AQUAFIT EXPRESS</b> SMA   40 min   Beth	<b>GROUP RX RIP</b> MPR   50 min   Paul	<b>DEEP WATER AQUAFIT EXPRESS</b> SMA   40 min   Paul/Line	<b>WOW</b> MPR   50 min   Hannah	
12:10 PM	<b>CORE STRENGTH</b> MPR   50 min   Terry	<b>CARDIO SCULPT</b> MPR   50 min   Paul		<b>YOGA FLOW</b> HS   50 min   Anuja		
				<b>STEP /CARDIO SCULPT</b> MPR   50 min   Paul/Hannah		
5:30 PM	<b>INDOOR CYCLING</b> RR   50 min   Hannah		<b>INDOOR CYCLING</b> RR   50 min   Tessa			
	<b>MAT PILATES</b> HS   60 min   Rachel L					
5:45 PM			<b>ZUMBA®</b> HS   60 min   Leslie			
6:00 PM		<b>VINYASA YOGA</b> HS   60 min   Wendy				
6:15 PM		<b>STRENGTH PLUS</b> MPR   60 min   Abbie		<b>HIIT</b> MPR   60 min   Chinasa		
7:00 PM	<b>ZUMBA®</b> HS   60 min   Rachel M					
7:15 PM				<b>ZUMBA®</b> HS   60 min   Marcel		

**INCLUDED IN MEMBERSHIP!**  
All classes are FREE for base, combined and student members!

#### INTENSITY LEVEL INDICATOR

MILD   
MODERATE   
INTERMEDIATE   
CHALLENGING 

#### LOCATIONS (CURRIE CENTER):

**HS:** Hatheway Family Fitness Studio, 2nd Floor  
**MPR:** Multi-Purpose Room, 2nd Floor  
**RR:** Reilly Family Spin Room, 3rd Floor  
**SMA:** Sir Max Aitken Pool, LB Gym

#### DISCLAIMER:

Intensity levels are subjective to the individual participant and instructor.

Classes provide modifications and options to allow participants to work at a lesser or greater intensity than indicated.

#### NOTE:

Instructors are subject to change without notice. REDS Rec trains and certifies group fitness instructors.

New instructors may teach some, or all of class.

**REDS**  
RECREATION

TO VIEW THE CURRENT SCHEDULE ONLINE, SCAN.

