
















SUMMER 2026


JUNE 29 – SEPT 5

GROUP FITNESS

TIME	MON	TUE	WED	THU	FRI
8:30 AM					
12:10 PM	INDOOR CYCLING RR 50 min Paul 	CARDIO SCULPT MPR 50 min Paul 	GROUP RX RIP MPR 50 min Paul 	YOGA FLOW HFFS 50 min Anuja 	WOW MPR 50 min Nadia/Chinasa 
	CORE STRENGTH MPR 50 min Chinasa 			STEP/CARDIO SCULPT MPR 50 min Paul/Hannah 	
5:30 PM	INDOOR CYCLING RR 50 min Kiana 				
	MAT PILATES HFFS 60 min Nadia 				
5:45 PM			WOMEN'S ONLY ZUMBA® MPR 60 min Leslie 		
6:00 PM			VINYASA YOGA HFFS 60 min Abbey 		
6:15 PM		STRENGTH PLUS MPR 60 min Kiana 		HIIT MPR 60 min Nadia 	
7:00 PM	ZUMBA® HFFS 60 min Rachel M 				
7:15 PM				ZUMBA® HFFS 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):

HFFS 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.



TO VIEW THE CURRENT SCHEDULE ONLINE, SCAN.



The Richard J. CURRIE CENTER | 15 Peter Kelly Dr | unb.ca/redsrec | 453.4579