



August 1st- August 31st 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Fitness Centre Hours
	10:00 am-11:00 am <u>SUPERSTAR TRAINING</u> Kiele				9:15 am- 10:15 am <u>GENTLE YOGA</u> Stacey		Monday - Friday 6:30AM-10PM Saturday 9AM-9PM Sunday 10AM-8PM
					10:00 am- 11:00 am <u>BOOTCAMP @ AWG</u> Tina and Chileab		Drop in Classes Legend Included in all Passes
					10:30 am- 11:30 am <u>SPINNING</u> Blake		Strength
12:15 pm - 12:45 pm <u>SPINNING</u> Blake	12:15 pm-12:45 pm <u>STEP</u> Tina	12:15 pm -12:45 pm <u>PILATES</u> Leila	12:15 pm-12:45 pm <u>JUMP ROPE CARDIO</u> Chileab	12:15 pm-12:45 pm <u>CORE CRUSHER</u> Chileab			High Intensity Interval
							Choreography Cardio
							Core/Mobility
							Aqua Fitness
					4:00 pm- 5:00 pm <u>TWERK OUT</u> Cat	4: 30 pm-5:30 pm <u>PILATES</u> Leila	Yoga
						5:45 pm - 6:45 pm <u>YIN YOGA</u> Carlin	Pre-Registered Classes Register at Guest Services
5:30 pm-6:30 pm <u>CORE CRUSHER</u> Chileab	5:30 pm - 6:30 pm <u>SPINNING</u> Blake	5:30- 6:30 pm <u>POWER CIRCUIT</u> Jess	5:30 pm-6:30 pm <u>BARRE</u> Carlin	5:30 pm-6:30 pm <u>STRONG</u> Jess			Specialty Programs
6:45 pm - 7:45 pm <u>YIN YOGA</u> Stacey	6:45 pm- 7:30 pm <u>BARRE</u> Leila						Personal Group Training
							Keep an eye on our Facebook page for any changes in schedule or cancellations @City of Iqaluit Recreation
							For more information, please contact Guest Services at 867-975-8545 or email i.guestservicesdesk@iqaluit.ca

*Step class will start on the 11th of August.

*Twerk out is for females 18+ only.