Aquatic Centre Group Fitness Schedule

July 1- July 31st 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	10:00 am-11:00 am SUPERSTAR TRAINING *Cat*				10:00 am- 11:00 am BOOTCAMP @ AWG *Tina and Chileab*	
					9:15 am- 10:15 am GENTLE YOGA *Stacey*	11:30 am-12:15 pm LATIN CARDIO *Rey*
					10:30 am- 11:30 am SPINNING *Blake*	11:45 am-12:30 pm AQUAFIT *Martha*
12:15 pm - 12:45 pm SPINNING *Blake*	12:15 pm-12:45 pm STEP *Tina*	12:15 pm -12:45 pm PILATES *Leila*	12:15 pm-12:45 pm MUSCLE FACTORY *Chileab*	12:15 pm-12:45 pm CORE CRUSHER *Chileab*		
					4:00 pm- 5:00 pm TWERK OUT *Cat*	
5:30 pm-6:30 pm CORE CRUSHER *Chileab*	5:30 pm - 6:30 pm SPINNING *Blake*	5:30- 6:30 pm POWER CIRCUIT *Jess*	5:30 pm- 6:15 pm LATIN CARDIO Rey	5:30 pm-6:30 pm STRONG *Jess*		5:00 pm-6:00 pm BARRE *Leila*
6:45 pm-7:45 pm YIN YOGA *Stacey*	6:00 pm-6:45 pm AQUAFIT *Dustin*		6:00 pm-6:45 pm AQUAFIT *Martha*	6:45 pm-7:30 pm LATIN CARDIO *Rey*		

Fitness Centre Hours

Monday - Friday
6:30AM-10PM
Saturday
9AM-9PM
Sunday
10AM-8PM

Drop in Classes Legend
Included in all Passes

- Strength
- High Intensity Interval
- Choreography Cardio
- Core/Mobility
- Aqua Fitness
- Yoga

Pre-Registered Classes
Register at Guest Services

- Specialty Programs
- 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

*Bootcamp will only be on the 4th and 11th of July.
*Twerk out is for females 18+ only.