

Fitness & Dance

March - June 2026 (Facility closed and programming cancelled April 3 & 6, May 18)

Session One: March 23 - May 2 Session Two: May 4 - June 14

Multi-Fitness Class Discount

Sign-up for multiple fitness classes this spring and save. You must sign up for the session; drop-in programs are not eligible. For details, scan the QR code below or visit our adult program page at huntsville.ca.



Morning Muscle Pump	Monday & Friday	7:00am - 8:00am
Total Body Conditioning	Monday & Wednesday	9:00am - 10:00am
	Wednesday	5:30pm - 6:30pm
Step and Sculpt	Monday	5:00pm - 6:00pm
Zumba	Monday	6:30pm - 7:30pm
Stroller Fit	Tuesday	9:30am - 10:30am
Pilates	Tuesday	9:00am - 10:00am
Seated Strength	Tuesday	9:30am - 10:30am
Strength and Stretch	Tuesday	10:45am - 11:45am
	Thursday	11:00am - Noon
Line Dance	Tuesday	1:30pm - 2:30pm
Belly Dance NEW!	Tuesday	4:00pm - 4:45pm
Yoga	Tuesday & Thursday	5:00pm - 6:00pm
Ballroom Dance Beginner	Tuesday (spans both sessions)	6:15pm - 7:15pm
Ballroom Dance Intermediate	Tuesday (spans both sessions)	7:15pm - 8:15pm
Bootcamp and Stretch Intermediate NEW!	Wednesday	7:00am - 8:00am
Yogalates	Wednesday	10:15am - 11:15am
	Thursday NEW!	7:00am - 8:00am
Chair Dance	Wednesday	1:00pm - 2:00pm
Salsa Fitness	Thursday	9:00am - 10:00am
Chair Yoga	Wednesday	5:30pm - 6:30pm
	Thursday	9:30am - 10:30am
Qigong	Thursday	1:00pm - 2:00pm
Fam Fit Fun	Thursday	6:00pm - 6:45pm
	Saturday NEW!	9:45am - 10:30am
Yin Yang Yoga	Friday	9:00am - 10:00am
Gentle Yoga	Friday	10:15am - 11:15am
Callanetics NEW!	Friday	11:30am - 12:15pm
TRX	Saturday	8:30am - 9:30am
Solo Latin Dance	Sunday (spans both sessions)	11:00am - Noon



This schedule is subject to change.
Visit huntsville.ca or scan the QR code for the most up-to-date information before heading out.

huntsville.ca

