



Fall Drop-in at the Canada Games Centre

Tuesday, September 2nd - Friday, December 19th, 2025



updated Aug. 27, 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Lift Foundations 9:00 am – 9:50 am	Flex Flow Yoga 9:00 am – 10:00 am	Golden HIIT 9:00 am – 9:50 am	Zumba™ Gold 9:00 am – 10:00 am	Tabata 9:00 am – 9:50 am	Slow Flow Yoga 8:45 am – 9:45 am
Tabata Circuit 10:00 am – 11:00 am	Lift Foundations 10:15 am – 11:05 am	Barre 10:15 am – 11:05 am	Yoga Foundations 10:15 am – 11:15 am			Lift 10:00 am – 11:00 am
Zumba™ 11:15 am – 12:15 pm	Waterobics 🌊 11:15 am – 12:00 pm	Oh My Aching Body 🌊 12:05 pm – 12:50 pm	Waterobics 🌊 11:15 am – 12:00 pm	Oh My Aching Body 🌊 12:05 pm – 12:50 pm	Waterobics 🌊 11:15 am – 12:00 pm	Zumba™ 11:15 am – 12:15 pm
	Bootcamp 12:10 pm – 12:50 pm	Tabata 12:10 pm – 12:50 pm	Kettlebells 12:10 pm – 12:50 pm	Barre 12:10 pm – 12:50 pm	HIIT 12:10 pm – 12:50 pm	
	Pilates 12:10 pm – 12:50 pm					
	Barre 4:00 pm – 5:00 pm			Lift 4:00 pm – 4:50 pm		
	Zumba™ 5:15 pm – 6:15 pm	Step 5:05 pm – 5:55 pm	Zumba™ 5:15 pm – 6:15 pm	Step 5:05 pm – 5:55 pm	Barre 5:15 pm – 6:15 pm	
	Flow Yoga 6:30 pm – 7:30 pm	Lift 6:10 pm – 7:00 pm	Barre 6:30 pm – 7:30 pm	Lift 6:10 pm – 7:00 pm		
				Yin Yoga 7:15 pm – 8:15 pm		
		Waterobics 🌊 8:05 pm – 8:50 pm		Waterobics 🌊 8:05 pm – 8:50 pm		

Schedule Legend

Aquatic Centre 🌊

Coca-Cola Fieldhouse*

Wellness Studio*



Preregistration for land fitness classes is available online 26 hours prior to class start.

whitehorse.ca/fitness for more information

Hours of Operation

Monday – Friday

5:30 am – 10:00 pm

Saturday and Sunday

7:00 am – 10:00 pm

Facility Closed:

Sep 1, Sep 30, Oct 13,

Reduced Facility Hours:

Nov 11 - 1:00 pm - 6:00 pm



Arrive on time for your class. Wellness Studio and Fieldhouse open 10 minutes prior to class start.
Once a class has begun entry is not permitted.

 whitehorse.ca/cgcschedule

This schedule is subject to change.
View our online schedule for the most up-to-date information.

Drop-in Descriptions

AQUATIC DESCRIPTIONS

Waterobics 🌊	Physical conditioning is obtained by using water for resistance. Workouts include a combination of cardio and muscle focus. Most classes occur in the shallow end, but seasoned participants can choose to use the deep end.
Oh My Aching Body 🌊	This low-impact, therapeutic class occurs in the warmth of the Leisure Pool. Designed to help relieve chronic pain and increase mobility.

FITNESS CLASS DESCRIPTIONS

Barre	A high-intensity, low-impact workout that builds deep strength, endurance, and full-body coordination with a strong focus on the core. Barre blends empowering language, energizing music, and spicy—yet accessible—movements to keep you motivated and engaged from start to finish.
Bootcamp	Get put through your paces with a mixture of cardiovascular, strength, and core training.
Flex Flow Yoga	Develop functional ranges of motion and a deeper sense of body awareness through a variety of traditional and non-traditional yoga movements. Detailed cuing, creative sequencing and props will help you. Suitable for all levels.
Flow Yoga	A dynamic, energy building practice that focuses on moving mindfully and building strength. Postures are linked with breath and downward-upward dog flow sequences.
Golden HIIT <i>High Intensity Interval Training</i>	A total body, aerobic and strength conditioning workout geared towards our active aging population.
HIIT <i>High Intensity Interval Training</i>	A strength and aerobic conditioning workout designed to work your whole body. High intensity cardio bursts will set you on the right track.
Kettlebells	Learn the fundamentals like swings and cleans, then build on them with challenging exercises to boost strength, endurance, and mobility. With a focus on proper technique and fun, there's something for everyone—whether you're new to kettlebells or experienced.
Lift	Cardio Free! Join us for a full body strength focused workout using dumbbells, kettlebells and other equipment. Not a burpee in sight!
Lift Foundations	A slower-paced strength class focused on mastering basic lifting techniques, improving balance, and building functional movement skills. You'll use a variety of equipment in a supportive environment.

Pilates	Pilates focuses on foundational exercises designed to build core strength, enhance flexibility, and improve body awareness through controlled movements and mindful breathwork.
Step	Step Aerobics is a classic cardio workout using an adjustable platform, designed to elevate your heart rate and provide a fun, music-driven experience.
Slow Flow Yoga	Focus on proper alignment, breath awareness and mindfulness, as you move through poses and sequences at a slower and more deliberate pace
Tabata	Eight rounds of high-intensity exercises: 20-seconds work, 10 seconds rest.
Tabata Circuit	Challenging yourself from station to station in this Tabata style class. Develop strength, cardio and coordination while keeping to the traditional Tabata format.
Yoga Foundations	Hatha Yoga focuses on the foundations of body movement and is accessible to all levels of practice. It begins with methodical warm-ups and progresses to a variety of postures that use intentional movement to foster a connection to breath and increase body awareness.
Yin Yoga	A slow paced class that focuses on the deeper connective tissue: tendons, ligaments and fascia, opening them slowly and safely resulting in an overall feeling of lightness, spaciousness and peace.
Zumba™	This heart pumping, calorie burning class combines salsa, meringue, samba, belly dance, reggae, and hip hop movements performed to energetic music.
Zumba Gold™	Active older adults who are looking for a modified Zumba™ class that recreates the original moves you love at a lower-intensity.



Preregistration for land fitness classes is available online 26 hours prior to class start.

Fitness classes are free for CGC members (1, 6 and 12 month); non-members and punch pass holders are subject to a per class fee. To secure your spot in a class, register online.