

Holiday Break 2025/2026 Group Exercise Class Schedule

December 22—December 28

Let's get MOVING



Vollmer Culture and Recreation Complex 2121 Laurier Parkway, LaSalle, ON

www.lasalleactive.ca



MONDAY DEC.22	TUESDAY DEC.23	WEDNESDAY DEC.24	THURSDAY DEC.25	FRIDAY DEC.26	SATURDAY DEC.27	SUNDAY DEC.28
Total Body (Leslie) 6:00a—6:45a Location: MP Room		Christmas Eve Vollmer Centre Closes at Noon	Christmas Day Vollmer Centre Is Closed	Boxing Day Vollmer Centre Is Closed	TRX (Leslie) 7:15a — 8:00a Location: Fitness	
Drum Fit (Olivia) 9:00a—9:45a Location: Lobby					Cycle 60 (Adriana) 8:00a — 9:00a Location: Fitness	
* Sit & Be Fit (Mara) 10:00a — 10:45a Location: Lobby	* Cardio Strength (Adriana) 9:30a — 10:15a Location: Lobby				* Total Body (Mara) 8:30a — 9:30a Location: Lobby	
Cycle 45 (Adriana) 10:30a — 11:15a Location: Fitness						
* Lunch Crunch (Mara) 12:15p — 1:00p Location: Lobby	TRX HIIT (Leslie) 6:30p — 7:15p Location: Fitness					
* Cardio Strength (Michelle) 5:45p — 6:30p Location: Lobby	Mindful Movement Yoga (Janice) 6:30p — 7:15p Location: MP Room				* = Classes held in-person & over Zoom MP Room = Multi Purpose Room	
Cycle 45 (Wayne) 6:30a — 7:15a Location: Fitness						

Fitness Centre Hours:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DEC.22	DEC.23	DEC.24	DEC.25	DEC.26	DEC.27	DEC.28
6:00am— 10:00pm	6:00am— 10:00pm	Christmas Eve 6:00am— 12:00pm	Christmas Day CLOSED	Boxing Day CLOSED	7:00am— 8:00pm	7:00am— 8:00pm











Holiday Break 2025/2026 Group Exercise Class Schedule December 29—January 4

Let's get MOVING



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MONDAY DEC.29	TUESDAY DEC.30	WEDNESDAY DEC.31	THURSDAY JAN.01	FRIDAY JAN.02	SATURDAY JAN.03	SUNDAY JAN.04
Total Body (Leslie) 6:00a — 6:45a Location: Lobby		Total Body (Leslie) 6:00a — 6:45a Location: MP Room	New Year's Day Vollmer Centre Is Closed		TRX (Leslie) 7:15a — 8:00a Location: Fitness	
Drum Fit (Olivia) 9:00a — 9:45a Location: Lobby	* Cardio Strength (Mara) 9:30a — 10:15a Location: Lobby	TRX (Leslie) 9:15p — 10:00p Location: Fitness		Full Body Circuit (Mara) 9:00a — 9:45a Location: Lobby	Cycle 60 (Adriana) 8:00a — 9:00a Location: Fitness	
* Sit & Be Fit (Mara) 10:00a — 10:45a Location: Lobby		* Sit & Be Fit (Mara) 10:00a — 10:45a Location: MP Room		* Sit & Be Fit (Mara) 10:00a — 10:45a Location: Lobby	* Total Body (Mara) 8:30a — 9:30a Location: MP Room	
Cycle 45 (Adriana) 10:30a — 11:15a Location: Fitness	* Forever Fit (Adriana) 11:15a — 12:00p Location: Lobby	Instructor Choice Yoga (Janice) 11:15p — 12:00p Location: MP Room				
* Lunch Crunch (Mara) 12:15p — 1:00p Location: Lobby		* Lunch Crunch (Adriana) 12:15p — 1:00p Location: MP Room			* = Classes held in-person & over Zoom MP Room = Multi Purpose Roor	
	TRX HITT (Leslie) 6:30p — 7:15p Location: Fitness	New Year's Eve Vollmer Centre Closes at 3pm				
* Cardio Strength (Michelle) 5:45p — 6:30p Location: Lobby	Mindful Movement Yoga (Janice) 6:30p — 7:15p Location: MP Room					

Fitness Centre Hours:

MONDAY DEC.29	TUESDAY DEC.30	WEDNESDAY DEC.31	THURSDAY JAN.01	FRIDAY JAN.02	SATURDAY JAN.03	SUNDAY JAN.04
6:00am —	6:00am—	New Year's Eve	New Year's Day	6:00am—	7:00am—	7:00am—
10:00pm	10:00pm	6:00am — 3:00pm	Closed	10:00pm	8:00pm	8:00pm







