

# LaSalle Strawberry Festival



**Modified Schedule  
June 8th—14th, 2026**

Monday June 8	Tuesday June 9	Wednesday June 10	Thursday June 11	Friday June 12	Saturday June 13	Sunday June 14
<b>Total Body</b> (Rana) 6:00a — 6:45a Location: MP Room		<b>Total Body</b> (Leslie) 6:00a — 6:45a Location: MP Room	<b>HIIT Circuit</b> (Mara) 6:00a — 6:45a Location: MP Room	<b>Total Body</b> (Rana) 6:00a — 6:45a Location: MP Room	<b>TRX</b> (Rana) 7:15a — 8:00a Location: Fitness	<b>Sculpt &amp; Stretch</b> (Louise) 7:45a—8:45a Location: MP Room
<b>+ Drum Fit</b> (Rana) 9:00a—9:45a Location: MP Room		<b>Body Beat: Dance &amp; Fitness Fusion</b> (Rana) 9:00a — 9:45a Location: MP Room		<b>Full Body Circuit</b> (Mara) 9:00a — 9:45a Location: MP Room	<b>Cycle 60</b> (Adriana) 8:00a — 9:00a Location: Fitness	
<b>Stroller Fit</b> (Adriana) 9:30a — 10:15a Location: Fitness	<b>* Cardio Strength</b> (Mara) 9:30a — 10:15a Location: MP Room	<b>TRX</b> (Leslie) 9:15a — 10:00a Location: Fitness	<b>* Cardio Strength</b> (Mara) 9:30a — 10:15a Location: MP Room	<b>Stroller Fit</b> (Adriana) 9:30a — 10:15a Location: Fitness	<b>Total Body</b> (Mara) 8:00a — 9:00a Location: MP Room	
<b>* Sit &amp; Be Fit</b> (Mara) 10:00a — 10:45a Location: MP Room		<b>* Sit &amp; Be Fit</b> (Mara) 10:00a — 10:45a Location: MP Room	<b>Mindful Movement Yoga</b> (Janice) 10:30a — 11:15a Location: MP Room	<b>* Sit &amp; Be Fit</b> (Mara) 10:00a — 10:45a Location: MP Room		
<b>Cycle 45</b> (Adriana) 10:30a — 11:15a Location: Fitness	<b>* Forever Fit</b> (Rana) 11:15a — 12:00p Location: MP Room	<b>Instructor Choice Yoga</b> (Janice) 11:15a — 12:00p Location: MP Room	<b>* Forever Fit</b> (Kelley) 11:45a — 12:30p Location: MP Room	<b>Modified Vollmer Centre Hours:</b>		
<b>* Lunch Crunch</b> (Mara) 12:15p — 1:00p Location: MP Room	<b>TRX</b> (Rana) 12:15p — 1:00p Location: Fitness	<b>* Lunch Crunch</b> (Mara) 12:15p — 1:00p Location: MP Room		<b>Monday—Wednesday</b> June 8th - June 10th	6:00a to 10:00p	
<b>* Cardio Strength</b> (Michelle) 5:45p — 6:30p Location: MP Room	<b>TRX HIIT</b> (Leslie) 6:30p—7:15p Location: MP Room	<b>Cardio Circuit</b> (Michelle) 5:45p — 6:30p Location: MP Room	<b>NOT OFFERED</b> Kettlebell 5:45p — 6:30p	<b>Thursday</b> June 11th	6:00a to 5:00p	
<b>Cycle 45</b> (Wayne) 6:30p — 7:15p Location: Fitness	<b>Mindful Movement Yoga</b> (Janice) 6:30p — 7:15p Location: MP Room	<b>Cycle 45</b> (Adrianna) 6:30p — 7:15p Location: MP Room	<b>NOT OFFERED</b> Cycle 45 6:30p — 7:15p	<b>Friday</b> June 12th	6:00a to 2:00p	
<b>Yoga</b> (Sumayah) 6:45p — 7:30p Location: MP Room		<b>Sculpt</b> (Louise) 6:45p — 7:30p Location: MP Room	<b>NOT OFFERED</b> Body Blitz 7:15p — 8:00p	<b>Saturday</b> June 13th	7:00a to 9:30a	
				<b>Sunday</b> June 14th	7:00a to 10:00a	

MP Room = Multi Purpose Room

\* = Classes held in-person & over Zoom

+ = Limited Space. First Come, first serve

Scan the QR code to visit our live Group Exercise Calendar for up to date classes and cancellations.





# Modified Swimming Schedule

Vollmer Centre Pool

June 8th—14th, 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>AQUA FITNESS</b>	8:00a-8:30a 8:30a-9:00a 9:00a-9:30a 9:30a-10:00a 10:00a-10:30a 10:30a-11:00a 12:00p-12:45p 8:00p-8:45p	7:30a-8:00a 8:00a-8:30a 8:30a-9:00a 9:00a-9:30a 9:30a-10:00a 12:00p-12:45p	7:30a-8:00a 8:00a-8:30a 8:30a-9:00a 9:00a-9:30a 9:30a-10:00a 10:00a-10:30a 10:30a-11:00a 12:00p-12:45p 8:00p-8:45p	7:30a-8:00a 8:00a-8:30a 8:30a-9:00a 9:00a-9:30a 9:30a-10:00a 12:00p-12:45p	7:30a-8:00a 8:00a-8:30a 8:30a-9:00a 9:00a-9:30a 9:30a-10:00a 10:00a-10:30a 10:30a-11:00a 12:00p-12:45p	8:00a-8:45a	8:00a-8:45a
<b>ADULT LENGTHS</b>	6:30a-8:00a 1:00p-2:00p 9:00p-10:00p	6:30a-7:30a 1:00p-2:00p 9:00p-10:00p	6:30a-7:30a 1:00p-2:00p 9:00p-10:00p	6:30a-7:30a 1:00p-2:00p	6:30a-7:30a	7:00a-8:00a	7:00a-8:00a
<b>LEISURE SWIM</b>	11:00a-12:00p 3:00p-4:30p	10:00a-12:00p 3:00p-4:30p	11:00a-12:00p 3:00p-4:30p	10:00a-11:00a 3:00p-4:30p	11:00a-12:00p		
<b>RECREATIONAL SWIM</b>							
<b>ADAPTED OPEN SWIM</b>							

# Modified Skating Schedule

Vollmer Complex

June 8th—14th, 2026

<b>ADULT SKATE</b>	<b>MON/TUES</b>	<b>RINK B</b>	9:30a-10:50a
<b>DROP-IN FIGURE SKATING</b>	<b>TUES</b>	<b>RINK B</b>	6:30a-7:50a and 12:30p-1:50p
<b>HOME SCHOOL SKATE</b>	Not offered this week		
<b>PARENT AND TOT SKATE</b>	<b>MON/TUES</b>	<b>RINK B</b>	11:00a-11:50a
<b>RECREATIONAL SKATE</b>	Not offered this week		
<b>STICKS AND PUCKS (ADULT)</b>	Not offered this week		

- Vollmer Culture and Recreation Centre will be closed: Wed. June 25 (Team LaSalle Day) and Thur. June 25 (Emergency Training Day)
- Aquatic and Skating schedule are subject to change. Please subscribe to our Cancellations and Changes page at [www.lasalle.ca](http://www.lasalle.ca) to receive last minute updates.
- Pre-registration for Recreational Swims, Skates, and Leisure swimming is recommended. To register, please go to [www.lasalleactive.ca](http://www.lasalleactive.ca) or call 519-969-7771, ext. 0. or 4116.