

# Stay Active: Fitness Classes & Programs Schedule | June 29 - September 4, 2026


Monday	Tuesday	Wednesday	Thursday	Friday
		<b>Body Balance Pilates</b> 7 – 7:45 a.m. Aspenleaf Studio		<b>Rise&amp;ShineYoga</b> 7 - 7:45 a.m. Aspenleaf Studio
<b>AquaFit AM</b> 8 – 8:45 a.m. Indoor Pool	<b>AquaFit AM</b> 8 – 8:45 a.m. Indoor Pool	<b>AquaFit AM</b> 8 – 8:45 a.m. Indoor Pool	<b>AquaFit AM</b> 8 – 8:45 a.m. Indoor Pool	<b>AquaFit AM</b> 8 – 8:45 a.m. Indoor Pool
<b>Tone</b> 9 – 9:45 a.m. Aspenleaf Studio	<b>Right to Bare Arms</b> 9 – 9:45 a.m. Group Training Zone	<b>Power Up</b> 9 – 9:45 a.m. Group Training Zone	<b>Bike to Barre</b> 9 – 9:45 a.m. Cycling Zone	<b>Rock Bottom</b> 9 – 9:45 a.m. Group Training Zone
	<b>Playtime Fitness</b> 9:45 - 10:15 a.m. Leduc Co-op Fieldhouse	<b>Active &amp; Ageless</b> 10 – 10:45 a.m. Group Training Zone	<b>Healing Yoga</b> 10 – 10:45 a.m. Aspenleaf Studio	
<b>Fit Fix</b> 12:15 - 12:45 p.m. Group Fitness Zone	<b>Quickfit</b> 12:15 – 12:45 p.m. Group Fitness Zone		<b>Yoga30</b> 12:15 - 12:45 p.m. Aspenleaf Studio	
<b>AquaFit</b> 12:15 - 1 p.m. Alex Outdoor Pool	<b>AquaFit</b> 12:15 - 1 p.m. Alex Outdoor Pool	<b>AquaFit</b> 12:15 - 1 p.m. Alex Outdoor Pool	<b>AquaFit</b> 12:15 - 1 p.m. Alex Outdoor Pool	<b>AquaFit</b> 12:15 - 1 p.m. Alex Outdoor Pool
<b>Body Balance Pilates</b> 1 - 1:45 p.m. Aspenleaf Studio	<b>Chair'd</b> 2 – 2:45 p.m. Legion Room			
<b>Bike to Barre</b> 6 - 6:45 p.m. Cycling Zone	<b>Sweat Equity</b> 6 – 6:45 p.m. Group Training Zone	<b>Body Balance Pilates</b> 6 – 6:45 p.m. Aspenleaf Studio	<b>Sweat Equity</b> 6 – 6:45 p.m. Group Training Zone	
<b>YO!</b> 6 – 7 p.m. Aspenleaf Studio		<b>Rock Bottom</b> 6:30 – 7:15 p.m. Group Training Zone		
<b>H.I.I.T. It!</b> 6:30 – 7:15 p.m. Group Training Zone	<b>Easy Flow Vinyasa Yoga</b> 7:15 - 8 p.m. Legion Room	<b>Fitness at the Barre</b> 7 - 8 p.m. Aspenleaf Studio	<b>Athlete's Yoga</b> 7:15 - 8 p.m. Aspenleaf Studio	

**Please Note**

**All drop-in classes are included with a membership or paid daily admission.** Participants must pre-book their spot 73 hours in advance through the Live Leduc Mobile APP or by calling Guest Services. Cancellations are required at least one hour in advance.

**IMPORTANT: Drop-in Activity Reservation No-Shows**  
Three no-shows within a 30-day period will result in loss of ability to reserve spots in the Live Leduc Mobile APP\* for one month. \*Reservations can still be made through Guest Services, either in person or by phone at 780-980-7120.

**Drop-in schedules may change due to special events or private bookings.** Please check [Live.Leduc.ca](https://www.leduc.ca) for the most up-to-date information before planning your visit.



**Public drop-in access is designated for recreational use only.** Personal training, coaching, or group instruction by external providers is not permitted within the facility unless authorized through the LRC Personal Training Partnership. Only trainers with a valid licensing agreement with the City of Leduc may offer personal training services. For more information, visit [Leduc.ca/LRC](https://www.leduc.ca/LRC).

Drop-In Classes
Pre-book
Registered Programs
AquaFit – Indoor Pool classes end August 21.  
Alexandra Outdoor Pool classes end September 10.

