

Stay Active: Fitness Classes Schedule | September 8 - December 22, 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Please Note
			Body Balance Pilates 7 – 7:45 a.m. Aspenleaf Studio		Rise&ShineYoga 7 – 7:45 a.m. Aspenleaf Studio		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 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. 
	AquaFit AM 8:30 – 9:15 a.m. Main Pool	AquaFit AM 8:30 – 9:15 a.m. Main Pool	AquaFit AM 8:30 – 9:15 a.m. Main Pool	AquaFit AM 8:30 – 9:15 a.m. Main Pool	AquaFit AM 8:30 – 9:15 a.m. Main Pool		
Sunday Cycle 9 – 9:45 a.m. Cycling Zone	High Fitness 9 – 9:45 a.m. County Court C	Right to Bare Arms 9 – 9:45 a.m. Group Training Zone	Power Up (Stroller Friendly) 9 – 9:45 a.m. Group Training Zone	Bike to Barre 9 – 9:45 a.m. Cycling Zone	Rock Bottom 9 – 9:45 a.m. Group Training Zone	Weekend Warrior 9 – 9:45 a.m. Group Training Zone	
		Playtime Fitness 9:45 - 10:15 a.m. Leduc Co-op Fieldhouse			Playtime Fitness 9:45 -10:15 a.m. Leduc Co-op Fieldhouse		
Tone 10 – 10:30 a.m. Aspenleaf Studio		Barre for Boomers 10 – 10:45 a.m. Aspenleaf Studio	Active & Ageless 10 – 10:45 a.m. Group Training Zone	Healing Yoga 10 – 10:45 a.m. Legion Room		Flo & Go Yoga 10 – 10:45 a.m. Aspenleaf Studio	
	Stroller Strong 11:15 a.m. – Noon Group Training Zone						
		AquaFit 12:15 - 1 p.m. Main Pool		AquaFit 12:15 - 1 p.m. Main Pool			
	Fit Fix 12:15 – 12:45 p.m. Group Training Zone	Unhinged 12:15 – 12:45 p.m. Aspenleaf Studio	Crank'd 12:15 – 12:45 p.m. Group Training Zone	QuickFit 12:15 – 12:45 p.m. Group Training Zone	Yoga30 12:15 – 12:45 p.m. Aspenleaf Studio		
	Body Balance Pilates 1 - 1:45 p.m. Aspenleaf Studio	Chair'd 2 – 2:45 p.m. Legion Room	Matinee Yoga 2 – 2:45 p.m. Legion Room	Drop-In Classes Pre-book AquaFit – Indoor classes resume September 9. Alexandra Outdoor Pool classes end September 8.			
	AquaFit Gentle 3 – 3:45 p.m. Leisure Pool		AquaFit Gentle 3 – 3:45 p.m. Leisure Pool				
	Bike to Barre 6 - 6:45 p.m. Cycling Zone	Sweat Equity 6 – 6:45 p.m. Group Training Zone	Body Balance Pilates 6 – 6:45 p.m. Aspenleaf Studio				
	H.I.I.T It! 6:30 – 7:15 p.m. Group Training Zone	Right to Bare Arms & Abs 6:30 – 7:15 p.m. Aspenleaf Studio	Rock Bottom 6:30 – 7:15 p.m. Group Training Zone	Cycology 45 6:30 – 7:15 p.m. Cycling Zone	Rears & Gears 6:30 – 7:15 p.m. Cycling Zone		
		Easy Flow Vinyasa Yoga 7:15 - 8 p.m. Legion Room		Athlete's Yoga 7:15 - 8 p.m. Aspenleaf Studio			
				Power Shift 8 – 8:45 p.m. Group Training Zone			



Stay Active: Drop-in Fitness Classes

Active & Ageless

This class is for the older adult or someone new to fitness and will focus on your health and wellness using various types of equipment and exercise modalities.

Athlete's Yoga

If you are doing a lot of weight training or sports specific training your mobility can be challenged. This yoga class is an opportunity to bring back the flexibility and work on joint health and longevity. Please bring your own mat.

Barre for Boomers

This class is a lower intensity beginner barre class that emphasizes the foundations of a typical barre class with a strong focus on postural strength, alignment, breath and muscle action.

Bike to the Barre

This class alternates indoor cycling drills with barre inspired movements to provide you the best of both cardio and tone movements.

Body Balance Pilates

This low intensity strength workout for the whole body promotes mobility, flexibility, balance and posture through slow precise movements and breath control. Please bring your own mat.

Chair'd

Chair-based exercises for the beginner or older adult that will have you up and moving. This gentle and modifiable class will work to target functional strength and mobility in an engaging environment. Please bring your own mat.

Crank'd

For the indoor cyclist on the go. This is a quick class geared to getting you in, cranking up your energy level and getting you out within 30 minutes.

Cycology 45

This class incorporates all the components of indoor cycling: speed work, intervals, hill climbs and more on our Keiser M3i bikes.

Easy Flow Vinyasa

Vinyasa yoga practice is a conscious flowing movement where the postures are linked with the breath. This class improves balance & flexibility while increasing stamina and endurance. Infused with the flow of the class will be some self massage using massage balls and diagnostic posturing. Please bring your own mat.

Fit Fix

Start the week off right with this time-efficient HIIT style class focused on both cardio and strength.

Flo & Go Yoga

This yoga class will guide you through a series of yoga postures and sequences to help build strength and bring balance to your life. Please bring your own mat.

Healing Yoga

Please join us for this de-stressing class that is low on impact and full of relaxation. Perfect for both beginners and existing Yogis. Please bring your own mat.

High Fitness

Experience a modern twist on aerobics in a non-stop action-packed mix of cardio, toning, and push tracks that will take your fitness to the next level. This no-equipment format uses simple, set choreography and is easy to follow. Adaptable to all levels of fitness.

H.I.I.T. It!

Increase your strength and conditioning in this interval class. Various forms of high intensity interval training with diverse exercises is what this class is all about.

Matinee Yoga

This is a gentler yoga class where participants can develop greater flexibility, balance, strength, and much more ease in their bodies. Practiced correctly, yoga can help ease the discomfort of arthritis and the general aches and pains of aging. Please bring your own mat.

Playtime Fitness

In coordination with Leisure Services, we are teaming up to provide playtime with exercise time. Children ages 6 and under can play with their favorite preschool playtime toys in the fieldhouse while providing the opportunity to parents to participate in an instructor led exercise class. The first 15 minutes and last 15 minutes of the hour will be passive play time while the middle 30 minutes will provide the opportunity for parents to join in on the led exercise while also actively participating with their children.

Power Shift NEW

A dynamic, high-intensity interval class designed to build explosive strength and cardiovascular endurance. It alternates heavy resistance training with fast-paced, functional movements, ensuring a full-body workout that burns calories, tones muscle, and challenges participants to push their limits.

Power Up

Energize your morning with this strength and plyometrics focused class. Geared towards improving muscular tone and building energy through various resistance-based exercises and modalities. Build a strong base and increase energy.

Quickfit

This class uses interval training to increase conditioning, strength and stamina in a H.I.I.T. format.

Rears & Gears

Get ready for a lower body blast! This combination class will alternate between indoor cycling drills on our Keiser M3i spin bikes and lower body strength exercises.

Rise and Shine Yoga

Wake up to wellness with this yoga class that helps you find strength, length and balance. Please bring your own mat.

Stay Active: Drop-in Fitness Classes

Right to Bare Arms & Abs

Tone your arms with this upper body class focusing on deltoids, triceps and biceps. Also incorporated in this class is abdominal work focusing on building a strong core.

Rock Bottom

Lower body power starts with the glutes. Whether you're looking to have better athletic performance or work on your rear view, this class will help you achieve your 'rock bottom'.

Sunday Cycle

This class incorporates all the components of indoor cycling: speed work, intervals, hill climbs and more on our Keiser M3i bikes.

Stroller-Strong

Bring your stroller to this strength and cardio fitness class designed for parents and kids under the age of 4. All levels of fitness are welcome. Children must be under the age of 4 and stay in the stroller.

Sweat Equity

Build up some sweat equity! This class combines cardio drills with some strength moves to provide you a well rounded workout to start the day off right.

Tone

NEW

Experience a modern twist on low-impact aerobics in this energizing class that blends toning, barre, abs, and arm tracks into a full-body workout. With simple, easy-to-follow choreography and no equipment required. All fitness levels welcomed.

Unhinged

NEW

The Lunchtime Hip Release is a fast-paced 30-minute movement break designed to undo the damage of sitting all day. This dynamic class combines active stretching, joint control, and core engagement to shake off mid-day stiffness, improve your squat mechanics, and restore fluid motion to your lower body.

Weekend Warrior

This circuit-style class incorporates strength, conditioning and cardio components to get your whole body moving and fit!

Yoga 30

This basic yoga class is a quick stretch to tone and align the body with strength and balance movements. Please bring your own mat.

AquaFit

Make a splash while getting fit! AquaFit is a low impact, full-body workout held in the pool, combining cardio, strength training, and flexibility exercises. Using the natural resistance of water, this class is gentle on the joints while still providing an effective and energizing workout.

AquaFit Gentle

For anyone looking for a gentle aquatic exercise experience. Tailored for slower movements in warmer water and to be easy on your bones and joints.

Please Note: For health and safety reasons, drop-in aquatic fitness class participants must be 14 years of age or older unless otherwise noted.

Please Note

All drop-in classes are included with a membership or paid daily admission. Drop-in fitness classes must be pre-booked using the Live Leduc Mobile APP. Classes can be booked up to 73 hours in advance. Classes must be cancelled one hour prior to start time.

Please bring your own yoga mat to any class that uses a mat as we will no longer be providing them. Thank you for your cooperation.

For health and safety reasons, **drop-in group fitness class participants must be 14 years of age or older** unless otherwise noted.