



PowerWest Athletics Studio

February 2026

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|--|--|---|
|  <p>PowerWest Athletics (PWA) offers CO-ED and women's ONLY options, personal & group training. Click here to Register and scroll DOWN under the skating programs to see what's going on in the PWA Fitness Studio. Welcome to the PWA Community! We are committed to making Community a Better Place. Join us ~ you will see what I mean. mena@telus.net 250-415-5983</p> <p>NEW at PWA – HIIT = High Intensity Interval Training will build your cardiovascular capacity and your physical strength! Saturdays 10:45am 😊</p> | | | | | | |
| 1 10am HIIT Class 11am Dirty 30' 12pm Kickboxing | 2 6:30am Dirty 30' 7:30am - Spin 9:15am Fitty-9' Fit 4pm Count me in 5pm Dirty 30' 6pm Pilates Lvl2 7pm Full Body Fit | 3 6am Rise n' Grind 2:30 Personal Tr (PT) 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:15pm Yoga 8:15pm Private team | 4 6:30am Dirty 30' 9:15am Fitty-9' Forever 5pm Beg Pilates/Fascia 6pm Dirty 30' 7pm Spin | 5 Holes in our calendar? This could be YOU in a personal training session! 2:30 PT sessions 4, 5, 6pm 50' Fit 7:30pm – Kickboxing | 6 6am Rise n' Grind 9:15am Spin 5pm Dirty 30' 6pm Line Dancing | 7 8am 50' Fit 9:15am 50' Fit 10:45am HIIT |
| 8 11am Dirty 30' 12pm Kickboxing | 9 6:30am Dirty 30' 7:30am Spin 9:15am Fitty-9' Fit 4pm Count me in 5pm Dirty 30' 6pm Pilates Lvl2 7pm Full Body Fit | 10 6am Rise n' Grind 2:30 Personal Tr (PT) 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:15pm Yoga 8:15pm Private team | 11 6:30am Dirty 30' 9:15am Fitty-9 fit 5pm Beg Pilates/Fascia 6pm Dirty 30' 7pm Spin | 12 2:30 PT sessions 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm – Kickboxing | 13 6am Rise n' Grind 9:15am Spin 5pm Dirty 30' 6pm Special Spin Class in support of the Take "heart" program at SCP ~ you really will love it! | 14 8am 50' Fit 9:15am 50' Fit 10:45am HIIT  Happy Valentines Day! We really do love the people in the PWA Community! |
| 15 11am Dirty 30' 12pm Kickboxing | 16 6:30am Dirty 30' 7:30am Spin 9:15am Fitty-9' Fit 4pm Count me in 5pm Dirty 30' 6pm Pilates Lvl2 7pm Full Body Fit | 17 6am Rise n' Grind 2:30 Personal Tr (PT) 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:15pm Yoga 8:15pm Private team | 18 6:30am Dirty 30' 9:15am Fitty-9 fit 5pm Beg Pilates/Fascia 6pm Dirty 30' 7pm Spin | 19 2:30 PT sessions 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm – Kickboxing | 20 6am Rise n' Grind 9:15am Spin 5pm Dirty 30' 6pm Line Dancing | 21 8am 50' Fit 9:15am 50' Fit 10:45am HIIT |
| 22 11am Dirty 30' 12pm Kickboxing 1-7pm Emergency First Aid and CPR Course | 23 6:30am Dirty 30' 7:30am Spin 9:15am Fitty-9' Fit 4pm Count me in 5pm Dirty 30' 6pm Pilates Lvl2 7pm Full Body Fit | 24 6am Rise n' Grind 2:30 Personal Tr (PT) 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:15pm Yoga 8:15pm Private team | 25 6:30am Dirty 30' 9:15am Fitty-9 fit 5pm Beg Pilates/Fascia 6pm Dirty 30' 7pm Spin | 26 2:30 PT sessions 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm – Kickboxing | 27 6am Rise n' Grind 9:15am Spin 5pm Dirty 30' | 28 8am 50' Fit 9:15am 50' Fit 10:45am HIIT |