



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.</p> <p>Welcome to the PWA Community! We are committed to making Community a Better Place. Join us ~ you will see what I mean.</p> <p>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