



# PowerWest Athletics Studio

## April 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>PowerWest Athletics (PWA) offers CO-ED and women's ONLY options, personal &amp; group training. <a href="#">Click here to Register</a> and scroll DOWN under the skating programs to see what's going on in the PWA Fitness Studio.</i></p> <p><i>Welcome to the PWA Community! We are committed to making Community a Better Place. Join us ~ you will see what I mean.</i></p>			<p>1 6:30am Dirty 30' 9:15am Forever Fit</p> <p>5pm Beg Pilates/Fascia 6pm Dirty 30' 7pm Spin</p>	<p>2 2:30 PT sessions 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm – Kickboxing</p>	<p>3 6am Rise n' Grind</p> <p>9:15am Spin</p> <p>5pm Dirty 30' 6pm Line Dancing</p>	<p>4 8am 50' Fit 9:15am 50' Fit 10:45am HIIT</p>
<p>5 <b>Happy Easter!</b></p>  <p>11am Dirty 30'</p>	<p>6 6:30am Dirty 30' 9:15am Forever Fit 4pm Count me In 5pm Dirty 30' 6pm Pilates Lvl2 7pm Full Body Fit</p>	<p>7 6am Rise n' Grind 2:30 Personal Tr (PT) 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:15pm Yoga</p>	<p>8 6:30am Dirty 30' 9:15am Forever Fit</p> <p>5pm Beg Pilates/Fascia 6pm Dirty 30' 7pm Spin</p>	<p>9 i 2:30 PT sessions 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm – Kickboxing</p>	<p>10 6am Rise n' Grind</p> <p>5pm Dirty 30' 6pm Special Spin Class in support of KidsRun Victoria</p>	<p>11 8am 50' Fit 9:15am 50' Fit 10:45am HIIT</p>
<p>12 11am Dirty 30' 12pm Kickboxing</p>	<p>13 6:30am Dirty 30' 9:15am Forever Fit 4:30pm Count me In 5pm Dirty 30' 6pm Pilates Lvl2 7pm Full Body Fit</p>	<p>14 6am Rise n' Grind 2:30 Personal Tr (PT) 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:15pm Yoga</p>	<p>15 6:30am Dirty 30' 9:15am Forever Fit 3:45pm Dirty 30' 4:45pm Pilates/Fascia 5:45pm HIIT 7pm Spin</p>	<p>16 2:30 PT sessions 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm – Kickboxing</p>	<p>17 6am Rise n' Grind 9:15am Spin 10:15am Stretch &amp; Strength 5pm Dirty 30' 6pm Line Dancing</p>	<p>18 8am 50' Fit 9:15am 50' Fit 10:45am HIIT 12pm – Sole Sisters Walk/Run Club and special guest</p>
<p>19 11am Dirty 30' 12pm Kickboxing</p>	<p>20 6:30am Dirty 30' 9:15am Forever Fit 4pm Count me In 5pm Dirty 30' 6pm Pilates Lvl2 7pm Full Body Fit</p>	<p>21 6am Rise n' Grind 2:30 Personal Tr (PT) 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:15pm Yoga</p>	<p>22 6:30am Dirty 30' 9:15am Forever Fit 3:45pm Dirty 30' 4:45pm Pilates/Fascia 5:45pm HIIT 7pm Spin</p>	<p>23 2:30 PT sessions 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm – Kickboxing</p>	<p>24 6am Rise n' Grind</p> <p>9:15am Spin 10:15am Stretch &amp; Strength 5pm Dirty 30'</p>	<p>25 8am 50' Fit 9:15am 50' Fit 10:45am HIIT</p>
<p>26 11am Dirty 30' 12pm Kickboxing</p>	<p>27 6:30am Dirty 30' 9:15am Forever Fit 4pm Count me In 5pm Dirty 30' 6pm Pilates Lvl2 7pm Full Body Fit</p>	<p>28 6am Rise n' Grind 2:30 Personal Tr (PT) 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:15pm Yoga</p>	<p>29 6:30am Dirty 30' 9:15am Forever Fit</p> <p>5pm Beg Pilates/Fascia 6pm Dirty 30' 7pm Spin</p>	<p>30 2:30 PT sessions 4pm 50' Fit 5pm 50' Fit 6pm 50' Fit 7:30pm – Kickboxing</p>	<p>You can contact Mena at 250-415-5983 <a href="mailto:mena@telus.net">mena@telus.net</a></p> 	