



# 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<br/>6:30am Dirty 30'<br/>9:15am Forever Fit</p> <p>5pm Beg Pilates/Fascia<br/>6pm Dirty 30'<br/>7pm Spin</p>                 | <p>2<br/>2:30 PT sessions<br/>4pm 50' Fit<br/>5pm 50' Fit<br/>6pm 50' Fit<br/>7:30pm – Kickboxing</p>       | <p>3<br/>6am Rise n' Grind</p> <p>9:15am Spin</p> <p>5pm Dirty 30'<br/>6pm Line Dancing</p>  | <p>4<br/>8am 50' Fit<br/>9:15am 50' Fit<br/>10:45am HIIT</p>  |
| <p>5<br/><b>Happy Easter!</b></p>  <p>11am Dirty 30'</p>  | <p>6<br/>6:30am Dirty 30'<br/>9:15am Forever Fit<br/>4pm Count me In<br/>5pm Dirty 30'<br/>6pm Pilates Lvl2<br/>7pm Full Body Fit</p>     | <p>7<br/>6am Rise n' Grind<br/>2:30 Personal Tr (PT)<br/>4pm 50' Fit<br/>5pm 50' Fit<br/>6pm 50' Fit<br/>7:15pm Yoga</p>  | <p>8<br/>6:30am Dirty 30'<br/>9:15am Forever Fit</p> <p>5pm Beg Pilates/Fascia<br/>6pm Dirty 30'<br/>7pm Spin</p>                 | <p>9<br/>i<br/>2:30 PT sessions<br/>4pm 50' Fit<br/>5pm 50' Fit<br/>6pm 50' Fit<br/>7:30pm – Kickboxing</p> | <p>10<br/>6am Rise n' Grind</p> <p>5pm Dirty 30'<br/>6pm Special Spin Class in support of KidsRun Victoria</p>                                       | <p>11<br/>8am 50' Fit<br/>9:15am 50' Fit<br/>10:45am HIIT</p> |
| <p>12<br/>11am Dirty 30'<br/>12pm Kickboxing</p>   | <p>13<br/>6:30am Dirty 30'<br/>9:15am Forever Fit<br/>4:30pm Count me In<br/>5pm Dirty 30'<br/>6pm Pilates Lvl2<br/>7pm Full Body Fit</p> | <p>14<br/>6am Rise n' Grind<br/>2:30 Personal Tr (PT)<br/>4pm 50' Fit<br/>5pm 50' Fit<br/>6pm 50' Fit<br/>7:15pm Yoga</p> | <p>15<br/>6:30am Dirty 30'<br/>9:15am Forever Fit<br/>3:45pm Dirty 30'<br/>4:45pm Pilates/Fascia<br/>5:45pm HIIT<br/>7pm Spin</p> | <p>16<br/>2:30 PT sessions<br/>4pm 50' Fit<br/>5pm 50' Fit<br/>6pm 50' Fit<br/>7:30pm – Kickboxing</p>      | <p>17<br/>6am Rise n' Grind<br/>9:15am Spin<br/>10:15am Stretch &amp; Strength<br/>5pm Dirty 30'<br/>6pm Line Dancing</p>                            | <p>18<br/>8am 50' Fit<br/>9:15am 50' Fit<br/>10:45am HIIT</p> |
| <p>19<br/>11am Dirty 30'<br/>12pm Kickboxing</p>   | <p>20<br/>6:30am Dirty 30'<br/>9:15am Forever Fit<br/>4pm Count me In<br/>5pm Dirty 30'<br/>6pm Pilates Lvl2<br/>7pm Full Body Fit</p>    | <p>21<br/>6am Rise n' Grind<br/>2:30 Personal Tr (PT)<br/>4pm 50' Fit<br/>5pm 50' Fit<br/>6pm 50' Fit<br/>7:15pm Yoga</p> | <p>22<br/>6:30am Dirty 30'<br/>9:15am Forever Fit<br/>3:45pm Dirty 30'<br/>4:45pm Pilates/Fascia<br/>5:45pm HIIT<br/>7pm Spin</p> | <p>23<br/>2:30 PT sessions<br/>4pm 50' Fit<br/>5pm 50' Fit<br/>6pm 50' Fit<br/>7:30pm – Kickboxing</p>      | <p>24<br/>6am Rise n' Grind</p> <p>9:15am Spin<br/>10:15am Stretch &amp; Strength<br/>5pm Dirty 30'</p>  | <p>25<br/>8am 50' Fit<br/>9:15am 50' Fit<br/>10:45am HIIT</p> |
| <p>26<br/>11am Dirty 30'<br/>12pm Kickboxing</p>   | <p>27<br/>6:30am Dirty 30'<br/>9:15am Forever Fit<br/>4pm Count me In<br/>5pm Dirty 30'<br/>6pm Pilates Lvl2<br/>7pm Full Body Fit</p>    | <p>28<br/>6am Rise n' Grind<br/>2:30 Personal Tr (PT)<br/>4pm 50' Fit<br/>5pm 50' Fit<br/>6pm 50' Fit<br/>7:15pm Yoga</p> | <p>29<br/>6:30am Dirty 30'<br/>9:15am Forever Fit</p> <p>5pm Beg Pilates/Fascia<br/>6pm Dirty 30'<br/>7pm Spin</p>                | <p>30<br/>2:30 PT sessions<br/>4pm 50' Fit<br/>5pm 50' Fit<br/>6pm 50' Fit<br/>7:30pm – Kickboxing</p>      | <p>You can contact Mena at 250-415-5983<br/>mena@telus.net</p>  |   |