

Fitness Drop-in Schedule

March 31 - June 29, 2025

Henderson Recreation Centre

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Group Fitness 6:15–7:00am	Cycle Group Fitness 6:15–7:00am	Cycle Group Fitness 6:15–7:00am	Cycle Group Fitness 6:15–7:00am	Cycle Group Fitness 6:15–7:00am	Cycle Group Fitness 8:15–9:00am	
Total Body Fitness 9:15–10:15am				Total Body Fitness 9:15–10:15am	*The Henderson Weightroom is open for drop-in users during the 5:30-6:30pm circuit training class. Please note, circuit stations/equipment will be reserved during the class.	
Total Body Conditioning 5:30–6:30pm	*Circuit Training 5:30–6:30pm	Total Body Conditioning 5:30–6:30pm	*Circuit Training 5:30–6:30pm			
Cycling & Strength 7:15–8:00pm	Cycle Group Fitness 5:45–6:30pm		Cycle Group Fitness 5:45–6:30pm			

Neighbourhood Learning Centre

Classes do not run on Statutory Holidays.	Total Body Express 6:15–7:00am		Total Body Express 6:15–7:00am			Total Body Strength 8:00–9:00am
					Total Body Fitness 9:15–10:15am	Total Body Strength 9:15–10:15am

Oak Bay Indoor Sports Field

		Indoor Bootcamp 9:00–10:00am				
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Monterey Recreation Centre

Moderate Fitness 9:00–9:45am	Moderate Fitness 9:00–9:45am	Moderate Fitness 9:00–9:45am	Moderate Fitness 9:00–9:45am	Moderate Fitness 9:00–9:45am	Note: drop-in programs at Monterey Recreation Centre do not offer a pre-registration option.	
Mild Fitness 10:00–10:45am		Mild Fitness 10:00–10:45am		Mild Fitness 11:00–11:45am	Admission Rates Single Admission (\$5.75 - \$7.25) Admission is included in all Oak Bay Parks, Recreation, and Culture's Recreation Passes.	
Sit & Fit 11:00–11:45am				Sit & Fit 12:00–12:45pm		
		Dance Express 12:00–12:45pm		Dance Express 12:15–1:00pm		

How to Register Online for Fitness Classes

For Henderson Recreation Centre and Neighbourhood Learning Centre classes only; register up to four (4) days in advance.

1. Ensure your Oak Bay online account and login is set up and your birthdate is accurate. If you do not have account, you will need to set-up one by calling 250-595-7946.
2. Login with username and password at: oakbayrec.perfectmind.com.

3. Click the **Schedule** Button near the top left of the screen.
4. Click **Group Fitness Classes** under Fitness and Wellness.
5. Select **date** and the **timeslot/class** you would like to attend and click **REGISTER**.
6. On the next screen, click **REGISTER** a 2nd time.
7. Select the **person to register** in the session and select **NEXT**.

8. Select your method of payment.
9. Follow instructions on screen and complete registration.

NOTE: Payment is required at time of booking. You may cancel your session up to four hours in advance. Final admission is 30 minutes prior to facility closure.

OAK BAY
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Schedule subject to change.

