

2026

STAD FITNESS AND SPORTS CENTRE | CLASS SCHEDULE

	MON	TUES	WED	THURS	FRI
0830-0930	*FORCE Famil				
1205-1300	STAD STRENGTH	STAD CONDITIONING	STAD STRENGTH	STAD CONDITIONING	

*A FORCE Familiarization session is conducted every third Monday of the month. Walk-ins welcome.

STAD STRENGTH

A strength and power focused class based on planned variation, the seven functional movement patterns (push, pull, squat, lunge, hinge, rotation and gait), technique breakdown and skill progression. Emphasis is placed on proper form and safe lifting to build confidence in weightlifting. For balanced results, it's recommended that participants complete their training week with "Stad Conditioning".

STAD CONDITIONING

Ditch the cardio room and improve your cardiovascular fitness in this conditioning class which utilizes steady state cardio, moderate to high intensity interval training, circuits and carries. Create a balanced week of training by combining this class with "Stad Strength".