



SPRING/SUMMER 2026 PROGRAM GUIDE

What's Inside

General Information	1
Memberships	2-3
Pilates	4-6
Drop-in Group Fitness	7-9
Registered Programs	10-13
Pickleball	14-15
Personal Training	16
Squash	17-19
Drop-In Sports	20

General information

FACILITY HOURS (Sept - April)

Monday to Friday 6 a.m. – 10:30 p.m.
Saturday & Sunday 8 a.m. – 8 p.m.

FACILITY HOURS (May - Aug)

Monday to Thursday 6 a.m. – 9 p.m.
Friday 6 a.m. – 8 p.m.
Saturday & Sunday 8 a.m. – 5 p.m.



Check out smufit.ca for our holiday hours, closures and any updates.

Staff Directory

Homburg Centre for Health & Wellness	Front Desk	902-420-5555
Director of Athletics & Recreation	Scott Gray	902-420-5427
Assistant Director, Athletics & Recreation	Greg Knight	902-420-5425
Administrative Manager	Karen Habib	902-420-5429
Facility Scheduler	Linda Gould	902-420-5440
Fitness Coordinator	Lindsay McFarlane	902-420-5556
Life Mark Physiotherapy Clinic	General Information	902-420-5061

Free Recreation Services

Group Fitness Classes	SMUfit offers over 35 group fitness classes per week that are free with your membership.	Go to athletics.smu.ca to register for our group fitness classes.
Drop-in Sports	SMUfit offers drop-in sports throughout the day as well as open gym time that are free with your membership.	Check out smufit.ca or call 902-420-5555 for availability or ask the Front Desk for availability
Squash Courts	Available with any of our Plus Memberships.	Reserve your court online at athletics.smu.ca

* Prices do not include HST

	SMUfit Basic		SMUfit Plus		
	4 month (\$240*)	1 year (\$600*)	1 mo. (\$85*)	4 month (\$288*)	1 year (\$720*)
Drop-in group fitness classes	✓			✓	
Access to all fitness rooms, including steam and sauna	✓			✓	
20% discount on registered programs + personal training	✓			✓	
Drop-in sports	✓			✓	
Outdoor track	✓			✓	
Change rooms with day use lockers & showers	✓			✓	
Day pass(s)		1		2	
Towel service				✓	
Half locker rental				✓	
Parking pass				✓	
Squash courts				✓	

SMU STUDENT - ADD-ON OPTION

SMU Student Plus Membership	This is a membership that will give SMU students access to the squash courts, towel service and a locker.	\$102/year
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	Family Basic		Family Plus		
	4 month (\$480*)	1 year (\$1200*)	1 month (\$170*)	4 month (\$576*)	1 year (\$1440*)
Drop-in group fitness classes	✓			✓	
Access to all fitness rooms, including steam and sauna	✓			✓	
20% discount on registered programs + personal training	✓			✓	
Drop-in sports	✓			✓	
Outdoor track	✓			✓	
Change rooms with day use lockers & showers	✓			✓	
Day pass(s)	1			2	
Towel service				✓	
Half locker rental				✓	
Parking pass				✓	
Squash courts				✓	

ADD-ON OPTIONS for Basic Membership Package

Towel service
(\$3/day, \$25/month, \$200/year)

Half locker rental
(\$25/month, \$75/4 months, \$175/year)

Parking
(\$42.75/month)

MULTI USE PASSES

5 Punch Pass - \$50 +HST

10 Punch Pass - \$89.25 +HST

Day Pass - \$11.55 +HST

SMU**Fit's** Pilates Studio

* Prices do not include HST

SMU**Fit's** Pilates Studio is fully equip with top-of-the-line Stott Pilates equipment and props that help instructors to focus on postural alignment and engaging sequential exercises.

Get started with one of many package options to experience the benefits that Pilates can bring to your life. Package and Drop In options allow clients to attend any class on the schedule (within the ability level of the client).

To purchase packages or see our full schedule of class offerings and book a maximum of 7 days in advance go to: athletics.smu.ca or download the SMU**Fit** app:



Group Class Pricing			
Classes	Member	Non-Member	Description
Drop In	\$25	\$25	Drop in to try out one of our many class options
Package of 6	\$108	\$135	Packages are flexible and any class on the schedule can be attended, (within the ability level of the client)
Package of 12	\$194	\$237	Make a bigger commitment and save per class!

Discover Our Pilates Group Classes!

At the Homburg Centre for Health & Wellness, we offer a variety of Pilates classes designed for every level of experience. Whether you're new to Pilates or looking to challenge your core strength and stability, we've got a class for you! You must purchase a group class drop in or package to attend any Pilates class.

View Our Current Schedule, get your group class package and to register:

- Online: smu.ca/athletics-and-recreation/schedules
- On the SMUfit App:



Mat Pilates

Mat Pilates – Beginner - Learn the fundamentals and build a strong foundation

Mat Pilates – Intermediate/Advanced - Challenge your core strength, flexibility, and control. Beginners and people who are new to our studio must have approval from the instructor before joining an Intermediate/Advanced class.

Mat Pilates – All Levels - A versatile class suitable for everyone.

Pilates 4 Seniors - Gentle, joint-friendly exercises to improve balance and mobility.

Reformer Pilates

Reformer Pilates – Beginner - Learn to use the Reformer to enhance strength and alignment.

Reformer Pilates – Intermediate/Advanced - Elevate your practice with challenging movements and sequences. Beginners and people who are new to our studio must have approval from the instructor before joining an Intermediate/Advanced class.

Reformer Pilates – All Levels - A dynamic, full-body workout for any fitness level.

Join us to strengthen your core, improve flexibility, and enhance overall wellness—one Pilates session at a time!



Group Fitness Classes

All Group Fitness Classes are FREE with Membership or the purchase of a Day pass. Please show up a minimum of 5min prior to the class start time to get checked in with the instructor. Class registration opens 72hrs prior to the class start time.

To view our current schedule and reserve your spot in class, go to athletics.smu.ca or download the SMUfit app:



Mind & Body

Breath & Flow - An open and welcoming space to take a deep dive into breath, movement, and rest for the mind and the body

Yin + Yang Yoga - Discover balance and harmony with Yin and Yang Yoga. This unique practice combines the deep, meditative stretches of Yin Yoga with the dynamic, energizing movements of Yang Yoga. Perfect for all levels, our sessions help you build strength and flexibility while promoting relaxation and mindfulness. Join us to rejuvenate your body and mind!

Yoga - Good for those who want flexibility and relaxation. Elongate, strengthen, and stretch your way to better health with this breath focused flow.

Yogalates - A fitness hybrid that combines the core-strengthening and muscle-toning benefits of Pilates with the flexibility, balance, and mindfulness of yoga. This fusion workout is designed to improve overall body strength, enhance posture, and promote relaxation and mental clarity. By integrating the dynamic and precise movements of Pilates with the flowing, meditative practices of yoga,

Gentle Yoga - This Gentle Yoga class is suitable for anyone wanting to stretch, breath and relax. This is the perfect class for beginners, seniors and anyone requiring a modified program.



Cardio

Spin - Get on your bikes and ride! This class uses Keiser spin bikes to give you the best low impact cardio workout around. Burn calories and have a blast doing it throughout this interval style spin workout. Enjoy hills and valleys all from the comfort of our studio. If you are new to spinning, please arrive early to be sized for your bike. Spin classes do not require bike reservation. Arrive early to secure your bike.

Zumba - Fun, effective, easy to follow, Latin-inspired, calorie burning dance fitness party! Follow along to the beat of the music and learn a few new dance moves while simultaneously getting a cardio workout. You will have so much fun you won't even realize how hard you worked!

Cardio Kickboxing - Cardio Kickboxing is a high-energy, music-driven workout that combines fast-paced kickboxing moves with upbeat choreography to boost your heart rate, burn calories, and leave you feeling strong and empowered. Get ready to punch, kick, and move to the beat in this fun and motivating full-body workout!



Strength & Conditioning

Body Sculpt - Abs, Legs and more with a new attitude - this class uses tubing, weights, bars, balls, balance boards, and more. Body Sculpt allows you to move to the music for a full body high repetition workout designed to tone your muscles and improve endurance. Join this high energy workout and leave with a smile on your face.

Core Strength - This class focuses on core conditioning, stabilization, and strength through a variety of exercises. Be prepared to work on proper movement, challenge your core and feel the burn through core targeting compound movements and mat exercises.

Gentle Fitness - This class is a mix of endurance, mobility, and stability without the stress on your joints. This total body, low-impact workout combines cardio, resistance, and balance exercises. Suitable for beginners, seniors and anyone requiring a modified program.

Heart & Muscle - This choreographed heart pumping class is a combination of low impact cardio and resistance training. You will leave feeling worked from head to toe while also getting your cardio in! Have fun working out to the beat in this fun and energetic class.

Strength 4 Life - Stay strong, mobile, and confident at any age with this energizing class! Using a variety of equipment—including the Synergy 360, dumbbells, cables, barbells, and more—you'll build full-body strength, improve balance, and boost everyday function in a supportive and motivating environment. All fitness levels welcome!

Strong 45 - Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music. Each class burns calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing.

Total Body HIIT - An action-packed fitness class filled with High Intensity Interval Training designed to challenge your body, burn fat and build lean muscle. Push yourself past your limits with this high intensity full body workout!

*Classes are subject to change and will always be up to date on our booking site: athletics.smu.ca and our SMUfit app.



Registered Programs

Register either in person at the Homburg Centre Front Desk, online at: athletics.smu.ca/programs or download the SMUfit app to register right from your phone!



Note: Below prices do not include taxes | A refund will be issued to you if the program is cancelled due to low registration | No other refunds are permitted

Ballroom Dance

{April 13 – May 25}

Join ballroom dance instructor Jack Gillett for a fun and welcoming beginner ballroom dance class at St. Mary's University! No partner or dance experience is needed; partners will be provided if you don't have one. This class is perfect for total beginners looking to learn simple, enjoyable dances like the Cha-Cha, Foxtrot, Waltz, and Bachata. Come ready to move, laugh, and discover the joy of ballroom dancing in a relaxed and supportive environment!

The program runs for 6 weeks starting April 13. NO CLASS ON MAY 18.

Member / Student = \$84 | Non-Member = \$101

Mondays	7:00 – 8:00 p.m.	Studio A	Instructor: Jack Gillett	Register Online at: https://athletics.smu.ca/Program
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Beginner Ballroom

{June 29 – Aug 10}

Join ballroom dance instructor Jack Gillett for a fun and welcoming beginner ballroom dance class at St. Mary's University! No partner or dance experience is needed; partners will be provided if you don't have one. This class is perfect for total beginners looking to learn simple, enjoyable dances like the Cha-Cha, Waltz, Tango, and Jive. Come ready to move, laugh, and discover the joy of ballroom dancing in a relaxed and supportive environment!

The program runs for 6 weeks starting April 13. NO CLASS ON AUG 3.

Member / Student = \$84 | Non-Member = \$101

Mondays	6:15 – 7:15 p.m.	Studio A	Instructor: Jack Gillett	Register Online at: https://athletics.smu.ca/Program
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Intermediate Ballroom

{June 29 – Aug 10}

Join ballroom dance instructor Jack Gillett for a fun and welcoming ballroom dance class at St. Mary's University! This class is designed for dancers who already have a bit of ballroom experience and are ready to build on their skills. No partner is required; partners will be provided if you don't have one. You'll continue developing confidence and technique in enjoyable dances like the Cha-Cha, Waltz, Tango, and Jive. Come ready to move, laugh, and take your ballroom dancing to the next level in a relaxed and supportive environment!

The program runs for 6 weeks starting April 13. NO CLASS ON AUG 3.

Member/ Student = \$84 | Non-Member = \$101

Mondays	7:30 – 8:30 p.m.	Studio A	Instructor: Jack Gillett	Register Online at: https://athletics.smu.ca/Program
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Karate – Intermediate/Advanced

{April 7 – June 25}

Intermediate and Advanced members will perform free sparring where students are able to perform any number of combinations of attack and defense against their opponent. We support members who wish to pursue Karate for traditional training and fitness, but also those who would like to excel in Karate as a competitive sport.

This program will run for 12 weeks.

Member/ Student = \$65 | Non-Member = \$78

Tuesdays & Thursdays	7-8:30 p.m.	Community Room	Instructors: Shannon & Andrew	Register Online at: https://athletics.smu.ca/Program/
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Heart 4 Life

Included in Heart for Life Membership

This program is 1.5hrs twice a week for anyone who has undergone a heart episode and wants to join a community of like-minded individuals. During each class professionals will take and track your heart rate and blood pressure. Personal Trainers will take you through a strength training circuit and the group will choose to do some cardio of choice.

Register: Doctors referral or by self referral, email: Lindsay.mcfarlane@smu.ca

Mondays & Wednesdays [All Year]	6-7:30 p.m.	Community and Cardio Room	Instructors: Zena & Mikaela
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Pickleball

Pickleball Foundations

{June 14 – Aug 2}

Join Halifax's certified Pickleball Instructors for a comprehensive and structured program designed to introduce beginners or novice players to the rules and techniques to master the fundamentals of one of the worlds fastest growing sports! Whether you've never held a pickleball paddle before or have limited experience, this program is tailored to help you build the necessary skills, knowledge, and confidence to enjoy this fast-paced and social game.

This program will run for 8 weeks.

Member/ Student = \$89 | Non-Member = \$107

Sundays	12:30 – 1:30 p.m.	Court B – Main Gymnasium	Instructors: Paul & Michael	Register Online at: athletics.smu.ca/Program
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Intermediate Pickleball

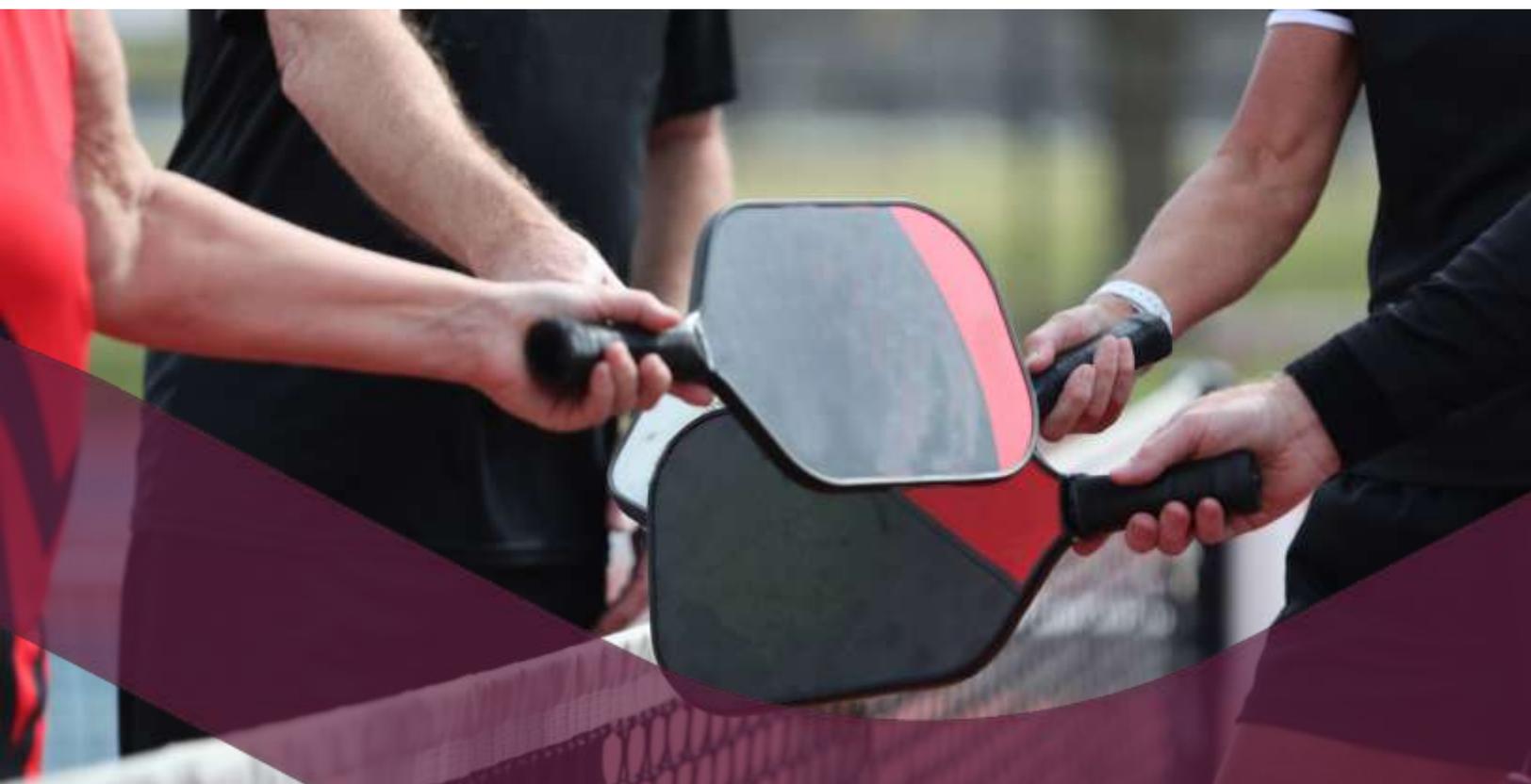
{June 14 – Aug 2}

This Intermediate Pickleball Program is for players who know the basic shots, elementary tactics and rules of the game but want to learn more about this great sport and play at a higher level. Focusing mainly on doubles, Pickleball participants will be introduced to more advanced concepts through drills and "in-game" situations.

This program will run for 8 weeks.

Member/ Student = \$134 | Non-Member = \$161

Sundays	1:45 – 3:15 p.m.	Court B – Main Gymnasium	Instructors: Paul & Michael	Register Online at: athletics.smu.ca/Program
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Pickleball League

{June 14 – Aug 2}

Join our fun and dynamic pickleball league, where individuals sign up solo and rotate partners each game for an exciting mix of competition and camaraderie! Perfect for players of all skill levels, this league keeps things fresh and social while letting you sharpen your game. Get ready to meet new friends and enjoy the thrill of ever-changing teams!

This league will run for 8 weeks starting on June 14, 2026.

Member/ Student = \$18| Non-Member = \$21

Sundays	3:30 – 5 p.m.	Court B – Main Gymnasium	Organizer: Rylee Oosterhuis	Register Online at: Pickleball League - SMU Recreation
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Private Pickleball Sessions

For anyone looking to improve their pickleball game quickly through one-on-one instruction. Join our qualified pickleball coach for customized lessons designed to suit your needs and your schedule. These sessions are for 1-4 people. Cost is per group.

Private 1hr Lessons			
Sessions	Member	Non-Member	Description
Private (1-4 people)	\$35 per group	\$42 per group	Personalized private lesson with a qualified Pickleball Instructor.



Personal Training Services

Are you ready to get on track with your fitness goals and overall health? Look no further than SMU *fit* Personal Training. Purchase your package in person at the Front Desk or over the phone at 902-420-5555. For more information or to schedule a free consultation, email our Fitness Coordinator, [Lindsay McFarlane](mailto:lindsay.mcfarlane@smu.ca), lindsay.mcfarlane@smu.ca

* Prices do not include HST

INDIVIDUAL PERSONAL TRAINING			
Package	Member (Per Person)	Non-Member (Per Person)	Description
4 Sessions	\$60 per session/ \$240 total	\$72 per session/ \$288 total	4, 1hr private sessions, with personalized programming, consultation, and assessment
8 Sessions	\$55 per session/ \$440 total	\$66 per session/ \$528 total	8, 1hr private sessions, with personalized programming, consultation, and ongoing assessment
12 Sessions	\$50 per session/ \$600 total	\$60 per session/ \$720 total	12, 1hr private sessions, with personalized programming, consultation, and ongoing assessment
24 Sessions	\$48 per session/ \$1,152 total	\$57.6 per session/ \$1,382 total	24, 1hr private sessions, with personalized programming, consultation, and ongoing assessment

BUDDY PERSONAL TRAINING (2 people) All the benefits of personal training, with a buddy! (Pricing is per person)			
Package	Member (Per Person)	Non-Member (Per Person)	Description
4 Sessions	\$38 per session/ \$153 total	\$46 per session/ \$183 total	4, 1hr semi-private sessions, with personalized programming, consultation, and assessment
8 Sessions	\$33 per session/ \$264 total	\$40 per session/ \$317 total	8, 1hr semi-private sessions, with personalized programming, consultation, and ongoing assessment
12 Sessions	\$30 per session/ \$360 total	\$36 per session/ \$432 total	12, 1hr semi-private sessions, with personalized programming, consultation, and ongoing assessment
24 Sessions	\$28 per session/ \$672 total	\$34 per session/ \$816 total	24, 1hr semi-private sessions, with personalized programming, consultation, and ongoing assessment



Squash

Private Squash Instruction

Whether your brand new to squash or looking to sharpen your skills, private instruction is tailored to meet you at your level. Sessions will focus on foundational elements such as proper racquet grip, hand-eye coordination, and basic technique for those new to the sport, and cover more advanced topics like forehand/backhand swing mechanics, serving, returning, and court movement for beginners to those with some experience.

We have instructors for children and youth, beginners and intermediate. Or look for one of our adult squash clinics with Josh Rudolph, NCCP certified competition-development coach [Page 21].

Purchase your package in person at the Front Desk. For more information or to schedule a free consultation, email our Fitness Coordinator, [Lindsay McFarlane](mailto:lindsay.mcfarlane@smu.ca), lindsay.mcfarlane@smu.ca

* Prices do not include HST

PRIVATE SQUASH INSTRUCTION			
Package	Member	Non-Member	Description
1 Session	\$32 per session	\$38 per session	1hr of private squash coaching is one-on-one instruction tailored to your skill level and goals, helping you improve technique, strategy, and overall performance on the court.
4 Sessions	\$30 per session/ \$120 total	\$36 per session/ \$144 total	4, 1hr private sessions tailored to your skill level and goals, helping you improve technique, strategy, and overall performance on the court.
8 Sessions	\$28 per session/ \$224 total	\$34 per session/ \$269 total	8, 1hr private sessions tailored to your skill level and goals, helping you improve technique, strategy, and overall performance on the court.



SEMI-PRIVATE SQUASH INSTRUCTION (2 people) All the benefits of private, with a buddy! (Pricing is per person)			
Package	Member (Per Person)	Non-Member (Per Person)	Description
1 Session	\$21 per session	\$25 per session	1hr of semi - private squash coaching is two-on-one instruction tailored to your skill level and goals, helping you improve technique, strategy, and overall performance on the court. The price is per person, and you must bring your own buddy.
4 Sessions	\$20 per session/ \$80 total	\$24 per session/ \$96 total	4, 1hr semi-private sessions tailored to your skill level and goals, helping you improve technique, strategy, and overall performance on the court. The price is per person, and you must bring your own buddy.
8 Sessions	\$18 per session/ \$144 total	\$22 per session/ \$176 total	8, 1hr semi-private sessions tailored to your skill level and goals, helping you improve technique, strategy, and overall performance on the court. The price is per person, and you must bring your own buddy.

How to register

- Register in person at our front desk, then you will be emailed your intake forms and electronic waiver information.
- Once we receive the intake forms you will be contacted by an instructor to arrange a time for your session (s). This can take up to a week depending on the availability of the instructor.
- The instructor will oversee booking out the court and meeting you at the front desk.
- We do have rackets and balls that we can provide.

NOTE: If you would like to speak to an instructor before getting started you can leave your contact information with the front desk, and someone will contact you via phone to answer any questions or reservations that you may have.



Junior Squash Membership

Our Junior Squash Membership offers young athletes the opportunity to train twice a week in a fun, structured, and competitive environment. Players will work with Josh Rudolph, an NCCP-certified Competition-Development Coach and Head Coach of the Provincial Junior Team. With progressive levels from Fundamentals to High Performance (HP), athletes will develop their skills, enhance technique, and grow their passion for the game.

Schedule by Level:

- Fundamentals – Saturdays, 9–10am
- Bronze – Thursdays, 5–6pm & Saturdays, 10–11am
- Silver – Fridays, 4–5pm & Sundays, 9–10am
- Gold – Fridays, 5–6pm & Sundays, 10–11am
- High Performance (HP) – Thursdays, 4–5pm

Athletes are placed in levels based on skill and experience.

For more info email: squash@smu.ca

Register: at the Homburg Centre front desk

League Play

There are a very active group of squash players at all levels. New and experienced players can meet other players through the many activities organized at the courts.

Squash Court Bookings

Call 902-420-5555. Members with a SMUfit Plus membership may book courts up to a week in advance through athletics.smu.ca. Day Pass & Multi Pass Users can use courts the day of play but cannot book in advance.

Squash clubs and leagues

SMUfit coordinates with 5 different squash groups to ensure that our facility is offering a variety of organized league options. Leagues break for the Spring at the end of April and resume in September. Please see our league schedule below.

For more information about league play please email: squash@smu.ca.

LEAGUE	DAYS	TIME	COURTS
Ladies Night	Mondays	7-9pm	1,2&3
Premier League	Tuesdays	7-9pm	2&3
	Thursdays	8-10	2&3
Halifax Squash League	Wednesdays	7-10pm	1&2
	Thursdays	6-8pm	1&2
Junior Squash	Thursdays & Fridays	4-6pm	3&4
	Saturdays & Sundays	9-11am	3&4
	Sundays	1-3pm	3&4
Club Night	Fridays	6-10pm	1,2&3

Drop-In Sports

Due to an extended gymnasium closure we will not be running any drop-in sports throughout the Spring or Summer months.

NOTE: Table Tennis and board games are available anytime we are open in the upstairs lobby area. Check out your ball and paddles at the Programs and Services desk.

For more information, email our Fitness Coordinator at Lindsay.mcfarlane@smu.ca

