



FALL 2026 PROGRAM GUIDE

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General information

FACILITY HOURS (Jan - Apr)

Monday to Friday
Saturday & Sunday

6 a.m. – 10:30 p.m.
8 a.m. – 8 p.m.

SMUfit

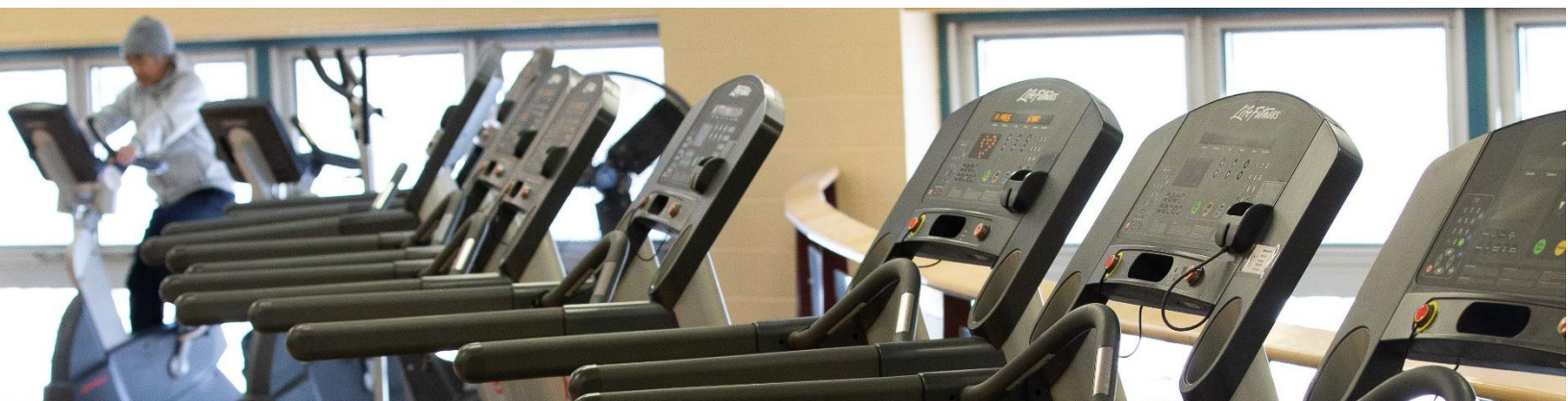
Check out smufit.ca for our holiday hours, closures and any updates.

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	Andréa Morrison	902-891-0857
Life Mark Physiotherapy Clinic	General Information	902-420-5061

Included With Membership

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



Membership Options

* 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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Membership Options

* Prices do not include HST

	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

SMUFit's Pilates Studio

* Prices do not include HST

SMU*fit*'s Pilates Studio is fully equipped 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 our **Starter Package** or chose one of many **package options** to experience the benefits that both Classical and Contemporary Pilates can bring to your life (details below). Package and Drop In options allow clients to attend any class on the schedule (within the experience and 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:



Individual/Duet Lessons must be purchased in person at the Homburg Centre Front Desk to set you up with an instructor.

Starter Package

This package is designed especially for those new to SMU*fit* Pilates. Included are two private lessons, and three group equipment classes. This allows you to become acquainted with both the equipment and the way in which we want you to move. It also allows you to experience the variety of class options available at SMU*fit*.

Member = \$167 | Non-Member = \$209

Individual/Duet Lessons

Sessions	Member	Non-Member	Description
Individual	\$72	\$90	One on One private lesson with access to the complete studio.
Duet	\$87 (per group)	\$109 (per group)	Two on One private lesson with access to the complete studio.

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 Pilates Mat foundation. FREE drop-in on Wednesdays at noon!

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. 12+ weeks of Mat Pilates experience required.

Pilates Equipment – A fun and interesting class using a variety of Pilates equipment!

Pilates Foundations - Go beyond the basics and deep – dive into foundational concepts and exercises.

Pilates 4 Seniors - Gentle, joint-friendly exercises to improve balance and mobility. 12+ weeks of Pilates experience required.



Reformer Pilates

Reformer Intermediate - 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 Level 1 – The perfect introduction to Reformer Pilates fitness! Learn to use the Reformer to enhance strength and alignment.

Reformer Level 2 - Finding Level 1 too easy? Take it to the next level! 12+ weeks of Pilates Reformer experience required.

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 7 days 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

Beginner Mat Pilates – A great introduction to Pilates concepts and exercises! Improves core and functional strength, balance, and mind/body connection.

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

Yoga Flow - A style of yoga that links breath with movement. The yoga postures (asanas) are linked together in a sequence. You can expect strength, flexibility, breath-work and mindfulness.

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,



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.

Total Body FIT - 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!

Strength & Conditioning

NEW! Beginner Weight Training - A free-weight training class to improve strength, power and balance while perfecting your form and technique! Designed to help participants build "fitness confidence" and muscle under the guidance of a skilled professional.

NEW! Sit and Get Fit - An open and welcoming space to take a deep dive into breath, movement, and rest for the mind and the body

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.

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.

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



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, **Andréa Morrison**, andrea.morrison@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



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

Karate



{Sept 8 – Dec 17}

The Saint Mary's University Shotokan Karate Club offers the opportunity for members to learn the art of Shotokan karate in an enjoyable, inclusive class atmosphere. The SMU dojo has a strong sense of community where self-respect and respect for others is fostered while members work towards their goals of greater confidence, fitness, coordination, self-defence, or to pursue karate for competitive aims.

Please contact: shannon.doane@smu.ca with any questions or visit universitykarate.ca

Karate - Beginner

New beginner members will learn the fundamentals of traditional karate including kata (forms), kumite (sparring) and kihon (basic techniques).

This program will run for 15 weeks.

Member/ Student = \$85 | Non-Member = \$140

Tuesdays & Thursdays	6-7 p.m.	Community Room	Instructors: Shannon & Andrew	Register Online at: athletics.smu.ca
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Karate – Intermediate OR Advanced

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 15 weeks.

Member/ Student = \$85 | Non-Member = \$140

- A refund will be issued to you if the workshop is cancelled due to low registration.
- No other refunds are permitted.

Intermediate	Tues/Thurs	7-8pm	Community Room	To register, visit the Homburg Ctr in person, or reach out to: shannon.doane@smu.ca
Advanced	Tues/Thurs	8-9pm	Community Room	

Pickleball



Pickleball Foundations

{Sept 13- Nov 1}

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 world's 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 6 weeks. **NO CLASS ON Sept 20th or 27th due to gym conflicts.**

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
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Intermediate Pickleball (Skills and Drills)

{Sept 13 – Nov 1}

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 6 weeks. **NO CLASS ON Sept 20th or 27th due to gym conflicts.**

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
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Pickleball League

{Sept 6 – Nov 1}

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 is a fun pickleball league where people sign up as individuals and switch partners every game.

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

Sundays	3:30-5:00p.m.	Court B – Main Gymnasium	Organizer: Michael Lanuevo	Register Online at: athletics.smu.ca
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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.

Ballroom Dance

{Sept 14 – Oct 19}

Join ballroom dance instructor Jack Gillett for a fun and welcoming all levels of 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!

Cost = \$101

Beginner	Mondays	6:15-7:15pm	Studio A	Register Online at: athletics.smu.ca
Intermediate	Mondays	7:30-8:30pm	Studio A	

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.

Purchase your package in person at the Front Desk. For more information or to schedule a free consultation, email our Fitness Supervisor, **Andréa Morrison; andrea.morrison@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.
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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.

Ladies' Night Squash

{Sept 14 – Dec 14}

Ladies Night Squash is an informal drop-in for women of all ages and skill levels. The goal is to grow women's squash by providing a friendly and supportive venue for players to learn, train and have some fun. Students are welcome. Non-marking court shoes are required and eyewear protection is strongly recommended. Registration takes place at the Front Desk or online.

Please note that there may be some cancellations due to tournaments, etc.

Registration is required for this program. Must present SMUfit membership card, multipass, day pass at Front Desk. There is no prorating of fee for this program. Non-members who choose to attend irregularly may purchase a multipass or day pass to attend.

There is 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.

For more information, email: judithmyrden@icloud.com

Cost = \$20 for all 14 weeks!

Junior Squash (u15)

{Sept 10 – Dec 22}

Into to Junior Squash program is designed to introduce children, under 15yrs to the sport of squash, focusing on skill development, fitness, and enjoyment. Here is a detailed definition of what such a program might include:

Objectives:

- Skill Development: Teach the basic techniques of squash, including gripping the racket, swinging, and footwork.
- Physical Fitness: Improve overall fitness, coordination, agility, and strength through squash-specific exercises and activities.
- Game Understanding: Introduce the rules of squash, scoring systems, and basic game strategies.
- Sportsmanship: Promote values such as fair play, teamwork, and respect for opponents and coaches.

Participants only need to bring indoor gym shoes and activewear. Racquets, eye protection, and balls are available for loan.

This program will run for 8 weeks with **no class on November 11th**.

Member/ Student = \$88 | Non-Member = \$96

Thurs/Fri	4:00-6:00 p.m.	Courts 3&4
Sat/Sun	9:00-11:00 a.m.	Courts 3&4
Sunday	1:00-3:00pm	Courts 3&4
Register Online at: athletics.smu.ca		

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.

Athletes are placed in levels based on skill and experience.

Squash Court Bookings

Members with a SMUfit Plus membership may book courts up to a week in advance through athletics.smu.ca, or by calling 902-420-5555. Day Pass & Multi Pass Users can book courts the day of play. Multi Use Pass users cannot use squash courts during prime time, which is Mon-Fri from 4pm to close, unless playing in a league program.

For more info email: squash@smu.ca

Register: at the Homburg Centre front desk

NOTE: Table Tennis is now 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 andrea.morrison@smu.ca