

# Fall Fitness Schedule

Effective September 3 to December 1, 2019

Monday	Studio	Class	Instructor
6:30 – 7:20 am	A	Circuit Training	Karen R.
8:00 – 9:00 am	C	Sunrise Yoga & Meditation (OA,PNTL) *NEW*	Tina
8:30 – 9:20 am	A	Cardio-Core	Karen R.
8:30 – 9:20 am	B	Pump It Up	Cynthia
9:30 – 10:20 am	A	Interval Challenge	Heidi
9:30 – 10:20 am	B	Cycle Fit	Cynthia
9:30 – 10:45 am	C	Yoga – Hatha Basic	Tina
10:30 – 11:20 am	A	Step	Heidi
11:30 – 12:20 pm	A	Fit Fusion 55+ (OA)	Karen R.
1:15 – 2:15 pm	C	Yoga - Gentle (OA,PNTL)	Anne
6:00 – 6:30 pm	A	Pound	Jody
6:00 – 6:50 pm	B	Total Muscle Challenge	Kat
6:00 – 6:50 pm	C	Yoga – Hatha Advanced	Tina
7:00 – 7:50 pm	A	Zumba	Jody
7:00 – 7:50 pm	B	Pump It Up	Kat
7:00 – 7:50 pm	C	Pilates	Karen C.
8:00 – 9:15 pm	C	Yoga – Hatha Basic	Cynthia

Thursday	Studio	Class	Instructor
6:30 – 7:20 am	A	Circuit Training	Karen R.
7:30 – 8:20 am	C	Yoga – Hatha *NEW*	Cynthia
8:30 – 9:20 am	A	Step	Kim
8:30 – 9:20 am	B	PiYo	Dawna
9:30 – 10:20 am	A	Zumba	Dawna
9:30 – 10:20 am	B	Cycle Fit Fusion	Kat
9:30 – 10:20 am	C	Yoga - Gentle (OA,PNTL)	Tina
10:30 – 11:20 am	A	Fit Fusion 55+ (OA)	Heidi
10:30 – 11:20 am	B	Pump It Up	Donna
10:30 – 11:20 am	C	Yogalates	Tina
11:30 – 12:30pm	A	Zumba Gold (OA)	Dawn
11:30 – 12:30pm	C	Chair Yoga (OA)	Tina
12:40 – 1:20 pm	C	Lunchtime Yoga – Hatha	Tina
5:00 – 5:50 pm	B	Total Muscle Challenge	Karen R.
6:00 – 6:30 pm	A	Pound	Jody
6:00 – 6:50 pm	B	Cycle Fit Fusion *NEW*	Kat
7:00 – 7:50 pm	A	Zumba	Jody
7:00 – 8:15 pm	C	Yoga – Hatha Advanced	Anne

Tuesday	Studio	Class	Instructor
6:15 – 7:30 am	C	Yoga – Vinyasa	Tina
8:30 – 9:20 am	A	Stretch & Strengthen (OA)	Heidi
8:30 – 9:20 am	B	PiYo	Dawna
9:00 – 10:15 am	C	Yoga - Vinyasa	Tina
9:30 – 10:20 am	A	Zumba	Dawna
9:30 – 10:20 am	B	Cycle Fit Fusion	Kim
10:30 – 11:20 am	B	Total Muscle Challenge *NEW*	Cynthia
10:30 – 11:20 am	A	Total Barre	Donna
10:30 – 11:20 am	C	Yoga – Gentle (OA)	Tina
11:30 – 12:20 pm	A	Fit Fusion 55+ (OA)	Donna
11:30 – 12:20pm	C	Chair Pilates (OA)	Anne
5:00 – 5:50 pm	B	Pump It Up	Kat
6:00 – 6:50 pm	A	H.I.T.T *NEW*	Karen R.
6:00 – 6:50 pm	B	Cycle Fit *NEW*	Kim
6:00 – 6:50 pm	C	Pilates	Kat
7:00 – 7:50 pm	A	Zumba	Julie
7:00 – 7:50 pm	C	Yoga – Yin (OA)	Karen R.
8:00 – 8:50 pm	C	Yoga-Restorative (OA)	Karen R.

Friday	Studio	Class	Instructor
6:15 – 7:30 am	C	Yoga - Vinyasa	Tina
8:30 – 9:20 am	A	Cardio- Core *NEW*	Heidi
8:30 – 9:20am	B	Body Shred	Cynthia
8:30 – 9:20 am	C	Pilates	Anne
9:30 – 10:20 am	A	Interval Challenge	Donna
9:30 – 10:20 am	B	Cycle Fit	Cynthia
9:30 – 10:20 am	C	Yoga-Hatha	Anne
10:30 – 11:20am	A	Stretch & Strengthen (OA)	Donna
11:30 – 12:20pm	A	Fit Fusion 55+ (OA)	Karen R.
6:00 – 6:50 pm	C	Yoga - Gentle (OA,PNTL)	Tina
6:00 – 6:50 pm	B	Pump It Up – Core *NEW*	Karen R.
7:00 – 7:50 pm	A	Socacize *NEW*	Ndem

Saturday	Studio	Class	Instructor
8:30 – 9:20 am	B	Pump It Up	Kat
8:30 – 9:20 am	C	Yoga -Gentle *NEW*	Cynthia
9:30 – 10:20 am	A	Circuit Training	Cynthia
9:30 – 10:20 am	B	Cycle Fit	Kat
9:30 – 11:00 am	C	Yoga - Vinyasa	Tina
10:30 – 11:20am	A	Zumba	Ndem

Wednesday	Studio	Class	Instructor
6:30 – 7:20 am	B	Cycle Pump	Kat
8:30 – 9:20 am	A	Interval Challenge	Heidi
8:30 – 9:20 am	B	Pump It Up	Cynthia
8:30 – 9:20 am	C	Yoga – Gentle (OA,PNTL)	Tina
9:30 – 10:20 am	A	Circuit Training	Donna
9:30 – 10:20 am	B	Cycle Fit	Cynthia
9:30 – 10:45 am	C	Yoga – Hatha Basic	Tina
10:30 – 11:20 am	A	Fit Fusion 55+ (OA)	Donna
11:30 – 12:20 pm	C	Yoga – Yin (OA)	Karen R.
12:30 – 1:30pm	C	Meditation (OA, PNTL)	Karen R.
6:00 – 6:50 pm	A	SoulBody Barre *NEW*	Ndem
6:00 – 6:50 pm	B	Cycle Pump	Kim
6:00 – 6:50 pm	C	Yogalates	Tina
7:00 – 7:50 pm	A	Socacize	Ndem
7:00 – 7:50 pm	C	Barre (OA)	Tina
8:00 – 9:00 pm	C	Sunset Yoga & Meditation (OA, PNTL)	Tina

Sunday	Studio	Class	Instructor
8:30 – 9:20 am	B	Cycle Fit	Kat
9:30 – 10:20 am	A	H.I.T.T * NEW*	Lynda
9:30 – 10:20 am	C	Mobil-lates	Kat

The City of Pickering Fitness Department reserves the right to change schedules, instructors or classes as needed without compensation or notice. Modified schedule during holidays, professional development days and maintenance.

### Class Legend

OA Older adult appropriate class  
PNTL Prenatal appropriate class

All OA classes are Heart Wise Exercise appropriate 

Group Fitness Rates Studios A, B & C	Non-Member	Group Fitness Member *
Membership Classes up to 60 min	\$12.50	Included
Membership Classes 75 min	\$15.00	Included
Membership Classes 90 min	\$18.00	Included
Registered 60 min Group Fitness Programs**	\$12.50	\$3.50

\* Only memberships that include Group Fitness classes

\*\* Except Pilates Reformer courses & family programs. Only for Registered Group Fitness Programs scheduled at the Chestnut Hill Developments Recreation Complex.

Indoor running shoes only must be worn in Studios A & B.  
No shoes in Studio C.

We promote a fragrance free environment – please refrain from wearing any scented products while attending classes.

### Hours of Operation

Monday to Friday 6 am-11 pm  
Saturday & Sunday 7 am-9 pm

### Child Supervision Hours

Monday to Thursday 9:00 am-8:00 pm  
Friday 9:00 am-5:00 pm  
Saturday 9:00 am-2:00 pm  
Sunday 9:00 am-12:00 pm

Fees: Members \$4.00/hr  
Non-Members \$5.50/hr

### Closure Dates

September 2, October 14



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