

Fall Fitness Schedule

Effective September 8 to November 29, 2020

Monday	Studio	Class	Instructor
6:30 – 7:20 am	A	Circuit Training	Dawn
8:00 – 9:00 am	C	Sunrise Yoga & Meditation (OA,PNTL)	Tina
8:30 – 9:20 am	ES	Stretch & Strengthen (OA)	Karen R.
8:30 – 9:20 am	B	Pump It Up	Cynthia
9:00 – 9:50 am	A	Interval Challenge	Heidi
9:30 – 10:45 am	C	Yoga – Hatha Basic	Tina
10:00 – 10:50 am	B	Cycle Fit	Cynthia
10:00 – 10:50 am	ES	Fit Fusion 55+ (OA)	Karen R.
10:30 – 11:20 am	A	Step	Heidi
1:15 – 2:15 pm	C	Yoga - Gentle (OA,PNTL)	Anne
6:00 – 6:45 pm	A	Pound	Stephanie
6:00 – 6:50 pm	B	Total Muscle Challenge	Kat
6:15 – 7:05 pm	C	Yoga – Hatha Advanced	Tina
7:15 – 8:05 pm	A	Zumba	Stephanie
7:30 – 8:20 pm	C	Pilates	Karen C.

Tuesday	Studio	Class	Instructor
6:30 – 7:45 am	C	Yoga – Vinyasa	Tina
8:30 – 9:20 am	ES	Stretch & Strengthen (OA)	Heidi
9:00 – 10:15 am	C	Yoga - Vinyasa	Tina
9:00 – 9:50 am	A	Zumba	Dawna
9:30 – 10:20 am	B	Cycle Fit Fusion	Kim
10:30 – 11:20 am	A	Total Barre	Donna
10:45 – 11:45 am	C	Yoga – Gentle (OA)	Tina
11:30 – 12:20 pm	ES	Fit Fusion 55+ (OA)	Donna
1:00 – 2:00pm	ES	Chair Pilates (OA)	Anne
5:00 – 5:50 pm	B	Pump It Up	Cynthia
6:00 – 6:50 pm	A	H.I.I.T	Cynthia
6:00 – 6:50 pm	C	Pilates	Karen R.
6:30 – 7:20 pm	B	Cycle Fit	Kim
7:15 – 8:05 pm	A	Zumba	Julie
7:15 – 8:05 pm	C	Yoga – Yin (OA)	Karen R.

Wednesday	Studio	Class	Instructor
6:30 – 7:20 am	B	Cycle Pump	Kat
7:30 – 8:20 am	C	Hatha-Ashtanga Blend	Karen R.
8:00 – 8:50 am	A	Interval Challenge	Heidi
8:30 – 9:20 am	B	Pump It Up	Cynthia
9:00 – 10:30 am	C	Yoga – Hatha Basic	Tina
9:30 – 10:20 am	A	Circuit Training	Donna
10:00 – 10:50 am	B	Cycle Fit	Cynthia
10:30 – 11:20 am	ES	Fit Fusion 55+ (OA)	Donna
11:00 – 12:00 pm	C	Yoga – Yin (OA)	Karen R.
12:30 – 1:30pm	C	Meditation (OA, PNTL)	Karen R.
6:00 – 6:50 pm	A	Cardio Kickboxing	Ndem
6:00 – 6:50 pm	C	Yogalates	Tina
6:30 – 7:20 pm	B	Cycle Pump	Kim
7:15 – 8:05 pm	A	Socacize	Ndem
7:15 – 8:15 pm	C	Sunset Yoga & Meditation (OA, PNTL)	Tina

Thursday	Studio	Class	Instructor
6:30 – 7:20 am	A	Circuit Training	Dawn
7:30 – 8:20 am	C	Yoga – Hatha Flow	Cynthia
8:30 – 9:20 am	A	Step	Kim
8:30 – 9:20 am	B	PiYo	Dawna
9:00 – 9:50 am	C	Yoga - Gentle (OA,PNTL)	Tina
10:00 – 10:50 am	A	Zumba	Dawna
10:00 – 10:50 am	B	Cycle Fit Fusion	Cynthia
10:00 – 10:50 am	ES	Fit Fusion 55+ (OA)	Heidi
10:30 – 11:20 am	C	Yogalates	Tina
11:30 – 12:20 pm	B	Pump It Up	Donna
11:30 – 12:30pm	ES	Chair Yoga (OA)	Tina
5:00 – 5:50 pm	B	Total Muscle Challenge	Karen R.
6:00 – 6:45 pm	A	Pound	Stephanie
6:00 – 6:50 pm	C	Mobil-lates (OA)	Kat
7:15 – 8:05 pm	A	Zumba	Julie
7:15 – 8:30 pm	C	Yoga – Hatha Advanced	Anne

Friday	Studio	Class	Instructor
6:30 – 7:45 am	C	Yoga - Vinyasa	Tina
8:00 – 8:50 am	A	Cardio- Core	Heidi
8:00 – 8:50 am	C	Yogalates	Anne
8:30 – 9:20am	B	Body Shred	Cynthia
9:00 – 9:50 am	ES	Yoga 55+	Anne
9:30 – 10:20 am	A	Interval Challenge	Donna
10:00 – 10:50 am	B	Cycle Fit	Cynthia
10:30 – 11:20am	ES	Stretch & Strengthen (OA)	Donna
6:00 – 6:50 pm	C	Yoga - Gentle (OA,PNTL)	Tina

Saturday	Studio	Class	Instructor
8:00 – 8:50 am	B	Pump It Up	Kat
8:30 – 9: 20 am	C	Yoga -Gentle (OA)	Cynthia
9:30 – 10:20 am	A	Circuit Training	Cynthia
9:30 – 10:20 am	B	Cycle Fit	Ndem
10:00 – 11:30 am	C	Yoga - Vinyasa	Tina
11:00 – 11:50am	A	Zumba	Ndem

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

- ES Designated 55+ Group Fitness Class area in East Salon
- OA Older adult appropriate class
- PNTL Prenatal appropriate class

All OA classes are Heart Wise Exercise appropriate 

Group Fitness Rates	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 & ES. 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-10 pm
Saturday & Sunday 7 am-6 pm

Closure Dates

October 12

Virtual Classes

Group Fitness Members can access our Facebook Live virtual fitness classes via our **Pickering Fit Group Fitness Members** Facebook page (starting Monday October 5)

Virtual Class schedule available at pickering.ca/fit



1867 Valley Farm Road
Pickering ON, L1V 3Y7
905.683.6582
pickering.ca/fit

