

Facebook Live Virtual Class Schedule

Monday October 5 - Sunday October 31, 2020

Monday	Class	Instructor
9:30 – 10:15 am	Circuit Training	Donna
12:30 – 1:30 pm	Yoga – Gentle (OA)	Karen R.
4:30 – 5:15 pm	HIIT	Kim B.

Tuesday	Class	Instructor
9:30 – 10:15 am	Pump It Up	Karen R.
11:30 – 12:30 pm	Chair Yoga (OA, PNTL)	Anne

Wednesday	Class	Instructor
9:30 – 10:15 am	Stretch & Strengthen (OA)	Dawna
12:30 – 1:30 pm	Mobil-lates	Kat
5:30 – 6:30 pm	Yoga- Hatha Basic	Dawna

Thursday	Class	Instructor
9:30 – 10:15 am	Interval Challenge	Donna
12:30 – 1:30 pm	Yogalates	Anne

Friday	Class	Instructor
9:30 – 10:15 am	Pump It Up	Dawna
12:30 – 1:30 pm	Yoga - Vinyasa	Karen R.

Saturday	Class	Instructor
9:30 – 10:15 am	Circuit Training	Kat

Sunday	Class	Instructor
9:30 – 10:30 am	Family Yoga	Tina

Class Legend

OA Older Adult appropriate class

CHD Rec Complex Group Fitness Members can access our Facebook Live virtual fitness classes via our **Pickering Fit Group Fitness Members** Facebook page

