

# Spring Group Fitness Schedule

Effective April 2 – June 30, 2024

Monday	Class	Instructor
7:15 – 8:15 am	C Sunrise Yoga & Meditation (OA)	Tina
7:30 – 8:20 am	A Circuit Training	Nicky
8:30 – 9:20 am	A Interval Challenge	Donna
8:30 – 9:20 am	C Roll & Release (OA)	Tina
9:30 – 10:20 am	A Step & Strengthen	Kim
9:30 – 10:20 am	B Pump It Up	Donna
9:30 – 10:45 am	C Yoga - Hatha	Tina
10:30 – 11:20 am	A Fit Fusion 55+ (OA)	Heidi
11:30 – 12:20 pm	C Pilates for Strong Bones (OA)	Heidi
12:00 – 12:50 pm	A Zumba Gold (OA)	Dawn
6:00 – 6:50 pm	A Total Barre	Donna
6:00 – 6:50 pm	B Pump It Up	Sandy
6:00 – 6:50 pm	C Yoga - Vinyasa	Tina
7:00 – 7:50 pm	A Zumba	Jody
7:00 – 7:50 pm	B Total Muscle Challenge	Donna
7:00 – 7:50 pm	C Pilates	Karen
8:00 – 9:00 pm	C Sunset Yoga & Meditation (OA)	Tina

Tuesday	Class	Instructor
6:30 – 7:20 am	B *New* Pump It Up	Sarah
7:30 – 8:20 am	C Yoga - Vinyasa	Tina
8:30 – 9:20 am	B Total Muscle Challenge	Dawna
8:30 – 9:20 am	C Yoga - Hatha	Tina
9:30 – 10:20 am	A Cardio Dance Kick	Dawna
9:30 – 10:20 am	B Cycle Pump	Kim
9:30 – 10:20 am	C Yoga - Gentle (OA)	Tina
10:30 – 11:20 am	A Barre & Balance (OA)	Tina
10:30 – 11:30 am	C Yoga - Yin (OA)	Dawna
10:30 – 11:00 am	B Cycle Fit 55+ (OA)	Kim
11:30 – 12:20 pm	A Fit Fusion 55+ (OA)	Cindy
11:45 – 12:45 pm	C *New* Chair Yoga (OA)	Tina
12:30 – 1:30 pm	A Nia (OA)	Carol
5:00 – 5:50 pm	C Yoga - Core & Restore	Laureen
6:00 – 6:50 pm	A Cardio Box	Donna
6:00 – 6:50 pm	C Pilates	Karen
7:00 – 7:50 pm	A Zumba	Stephanie
7:00 – 7:50 pm	B Cycle Pump	Lynda
7:00 – 8:00 pm	C Yoga - Gentle (OA)	Laureen

Wednesday	Class	Instructor
7:30 – 8:20 am	C Yoga - Vinyasa	Tina
8:30 – 9:20 am	C Roll & Release (OA)	Tina
8:30 – 9:20 am	A Interval Pump	Dawna
9:30 – 10:20 am	A Circuit Training	Dawna
9:30 – 10:45 am	C Yoga - Hatha	Tina
9:45 – 10:35 am	B Cycle Pump	Cindy
10:30 – 11:20 am	A Fit Fusion 55+ (OA)	Dawna
11:30 – 12:20 pm	C Yoga 55+ (OA)	Dawna
12:45 – 1:45pm	C Chair Yoga (OA)	Laureen
5:00 – 5:50 pm	B Pump It Up	Aleya
6:00 – 6:50 pm	A Circuit Training	Stephanie
6:00 – 6:50 pm	B *New* Rhythm Cycle	Aleya
6:00 – 6:50 pm	C Pilates	Tina
7:00 – 7:50 pm	A Socacize	Aleya
7:00 – 8:00 pm	C Sunset Yoga & Meditation (OA)	Tina

Thursday	Class	Instructor
7:30 – 8:20 am	A Interval Challenge	Nicky
8:30 – 9:20 am	A Step & Strengthen	Kim
8:30 – 9:20 am	C Yoga - Gentle (OA)	Tina
9:30 – 10:20 am	A Fit Fusion 55+ (OA)	Heidi
9:30 – 10:20 am	B Pump It Up	Kim
9:30 – 10:20 am	C Pilates	Tina
10:30 – 11:20 am	A Stretch & Strengthen (OA)	Heidi
10:30 – 11:30 am	C Chair Yoga (OA)	Tina
10:30 – 11:00 am	B Cycle Fit 55+ (OA)	Lynda
12:15 – 1:00 pm	C *New* Lunch Yoga - Hatha	Tina
6:00 – 6:50 pm	A Circuit Training	Donna
6:00 – 6:50 pm	B Pump It Up	Sandy
6:00 – 6:50 pm	C *New* Yoga – Yin (OA)	Tina
7:00 – 7:50 pm	A Zumba	Jody
7:00 – 7:30 pm	B *New* Dynamic Core	Sandy

Friday	Class	Instructor
6:30 – 7:20 am	A Interval Pump	Sandy
7:15 – 8:15 am	C Sunrise Yoga & Meditation (OA)	Tina
8:30 – 9:20 am	A Cardio Dance Kick	Dawna
8:30 – 9:20 am	B Pump It Up	Lynda
8:30 – 9:20 am	C Yoga - Core & Restore	Tina
9:30 – 10:20 am	A Interval Challenge	Heidi
9:30 – 10:20 am	B Cycle Fit	Lynda
9:30 – 10:20 am	C Yoga 55+ (OA)	Dawna
10:30 – 11:20 am	A Stretch & Strengthen (OA)	Heidi
6:00 – 6:50 pm	B Total Muscle Challenge	Michelle
6:00 – 6:50 pm	C Yoga - Gentle (OA)	Tina

Saturday	Class	Instructor
8:30 – 9:20 am	B Cycle Fit	Sandy
8:30 – 9:20 am	C Yoga - Vinyasa	Tina
9:30 – 10:20 am	A Barre Sculpt	Olivia
9:30 – 10:20 am	B Total Muscle Challenge	Nicky
9:30 – 10:45 am	C Yoga - Asana, Pranayama, Meditation	Tina
10:30 – 11:20 am	A Zumba	Stephanie
10:30 – 11:00 am	B Dynamic Core	Nicky

Sunday	Class	Instructor
8:30 – 9:20 am	B Total Muscle Challenge	Michelle
9:30 – 10:20 am	B Cycle Pump	Sarah
9:30 – 10:20 am	C *New* Yoga – Gentle (OA)	Linda
10:30 – 11:20 am	A Socacize	Salome

## Class Legend

OA Older Adult appropriate class

Group Fitness Drop- In Rates*	Non-Member
Membership Classes up to 60 min	\$13.00
Membership Classes 75 min	\$15.00

\* Except Pilates Reformer courses & Family programs. Only for Registered Group Fitness Programs scheduled at CHDRC

## Closure Dates

April 1  
May 20  
July 1

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.

## Group Fitness Descriptions

Our fitness classes offer something for everyone. Each instructor will do their best to provide variations in movements and demonstrate different levels of intensity to ensure that your class is achievable and fun.

We strongly encourage you to participate at your own pace.

<b>Barre &amp; Balance:</b> This class incorporates the disciplines of yoga, pilates and ballet to perform a variety of strength and balance exercises to increase range of motion, mobility and confidence.
<b>Barre Sculpt:</b> Combining attributes of pilates, barre, and functional training while using small movements to fatigue the muscles and larger movements to elevate the heart rate. Uses a variety of equipment resulting in a total body workout.
<b>Cardio Box:</b> A full-body workout that engages every muscle group, with a strong focus on your core. Structured in three "rounds" that include shadow boxing, intervals of bodyweight exercises, core work and a great stretch.
<b>Chair Yoga:</b> This is a unique yoga style that adapts yoga positions and poses through creative use of a chair. Poses are done seated on the chair or the chair is used for support during standing and balance poses.
<b>Circuit Training:</b> Develop your strength and aerobic fitness with exercises performed in succession and minimal rest. Your heart rate remains elevated in this moderate to high-intensity class.
<b>Cycle Fit:</b> A cardio workout with varying speeds and resistance levels to provide a different 'ride' every time.
<b>Cycle Fit 55+:</b> This 30-minute fun and effective cardio class will safely build cardiovascular endurance and confidence. You will be shown proper setup and will feel comfortable to cycle at your own pace.
<b>Cycle Pump:</b> Cycle Fit and Pump It Up all in one! Improve your cardio on the bike while also building strength and core doing off-bike muscle conditioning. Challenge your fitness level with this high energy, calorie-burning class.
<b>Dynamic Core:</b> A combination of muscle endurance and cardio exercises focusing on core muscle groups which include, the glutes, lower back, abdominals, and oblique muscles to help give you a strong core.
<b>Fit Fusion 55+:</b> This class is designed for older adults as it consists of low impact movements with little to no bouncing. It's a blend of cardiovascular and muscular strength, finishing off with core work and a full body stretch.
<b>Interval Challenge:</b> This class alternates intervals of cardio and strength conditioning to give you a full body workout using a variety of equipment.
<b>Interval Pump:</b> This class alternates intervals of cardio and strength conditioning, with a heavier focus on weight bearing strength exercises, to give you a full body workout using a variety of equipment.
<b>Nia®:</b> A dance based cardio class that will get your heart pumping but is easy on the joints. It draws from disciplines of martial arts, dance arts and healing arts with upbeat music, easy to learn moves - you'll forget your exercising!
<b>Pilates:</b> Experience this mind/body movement focusing on the pilates principles of centering, breath, concentration, control, precision and flow. Includes elements of standing as well as mat work.
<b>Pilates for Strong Bones:</b> This osteo- friendly pilates class involves floor work and makes the use of chairs as well as standing work to help strengthen the core, improve balance and maintain bone density.
<b>Pump It Up:</b> This class focuses on weight bearing strength exercises that are challenging, safe, and functional. We incorporate the use of: dumbbells, bars, plates, and steps/benches.
<b>Roll &amp; Release:</b> This class will utilize tools such as the foam rollers, balls and bands while also incorporating yoga poses and breathing principles to allow a deeper lengthening of the muscles, improved mobility and help to release stiff tissue.
<b>Rhythm Cycle:</b> Cycling has never been more fun! Get your endorphins flowing with this fun, heart pumping class full of rhythms and beats. It's a party on the bike that will be sure to make you sweat.
<b>Socacize®:</b> This class is a creative blend of Caribbean and African dance techniques, in harmony with effective fitness moves, resulting in a unique, non-judgmental and exhilarating dance fitness program for all fitness levels.
<b>Sunrise/Sunset Yoga &amp; Meditation:</b> This class is an introduction to yoga in the form of therapy. Each class includes static and flowing yoga postures, different breathing techniques, sound and a guided meditation.
<b>Step &amp; Strengthen:</b> This class fuses together the cardio benefits of a step class and the muscle building benefits of a strength training class. Get everything you need all in one high-energy, total body workout.
<b>Stretch &amp; Strengthen:</b> This workout uses various types of equipment to focus on coordination, balance, and muscle strength. It finishes with stretching and postural exercises.
<b>Total Barre®:</b> Integrates elements of Pilates, dance, and strength training to create a high-energy and dynamic class. Emphasizing correct biomechanics with the power of music to increase strength, flexibility and stamina.
<b>Total Muscle Challenge:</b> Challenge yourself in this moderate to high-intensity, workout. Improve strength, stamina, and power with a workout that changes every week.
<b>Yoga 55+:</b> A Hatha style class designed for those seeking to increase and maintain joint mobility while also increasing strength and improving balance. Recommended for healthy older adults with no major joint or medical conditions.
<b>Yoga - Asana, Pranayama &amp; Meditation:</b> This class explores 3 elements of yoga separately and together; Asana, postures & movement patterns, Pranayama, breathing techniques, and Meditation, centering the mind.
<b>Yoga - Core &amp; Restore:</b> This class uses a variety of equipment along with functional movement principles, to safely build reliable core unit strength as well as key core stretches to restore balance. A strong, responsive core is waiting for you!
<b>Yoga - Gentle:</b> Learn basic postures, stretches and breathing techniques to help you relax and de-stress. This class is appropriate for pregnant women.
<b>Yoga - Hatha:</b> This class uses the practice of static postures and breathing techniques to help you stretch and breathe your way to greater harmony and energy as you reduce stress, align your body, and deepen your inner peace.
<b>Yoga - Vinyasa:</b> This class is a dynamic, flowing form of yoga smoothly linking your body movements to your breath. You'll be guided in a series of poses that will move you through the power of inhaling and exhaling.
<b>Yoga - Yin:</b> Yin is a relaxed, passive style of yoga that involves holding poses for longer durations and increasing your inner awareness while also stretching deeper connective tissues.
<b>Zumba®:</b> This inclusive dance party is a cardio-interval training program inspired by Latin rhythms. Low and high impact options demonstrated to introduce international dances such as cumbia, samba, salsa, cha-cha, soca, hip-hop and more.
<b>Zumba Gold®:</b> All the fun of Zumba® with simplified choreography and no jumping you'll learn international dances like merengue, flamenco, reggaeton, bachata and more! No impact and low impact options are demonstrated in each class.