

# Winter 2026 Group Fitness Schedule

Effective: January 5th – April 12, 2026

Monday	Class	Instructor
7:30 – 8:20 am	A Circuit Training	Nicky
8:30 – 9:20 am	A Interval Challenge	Heidi
8:30 – 9:20 am	C Yoga - Vinyasa	Tina
9:30 – 10:20 am	A Step & Strengthen	Heidi
9:30 – 10:20 am	B Pump It Up	Kim
9:30 – 10:45 am	C Yoga - Hatha	Tina
10:30 – 11:20 am	A Fit Fusion 55+ (OA)	Heidi
10:30 – 11:00 am	B Cycle Fit 55+ (OA)	Kim
11:30 – 12:20 pm	C Pilates for Strong Bones (OA)	Heidi
12:00 – 12:50 pm	A Latin Cardio Dance Fit 55+ (OA)	Dawn
5:00 – 5:50 pm	C Dynamic Pilates	Tina
6:00 – 6:50 pm	A Barre Sculpt	Kat
6:00 – 6:50 pm	B Total Muscle Challenge	Sandy S.
6:00 – 6:50 pm	C Yoga - Vinyasa	Tina
7:00 – 7:50 pm	A Zumba	Tess
7:00 – 7:50 pm	B Pump It Up	Kat
7:00 – 7:50 pm	C Pilates	Karen

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
11:45 – 12:35 pm	B Chair Fit (OA)	Heidi
5:00 – 5:50 pm	C Yoga - Yin (OA)	Tina
6:00 – 6:50 pm	A Circuit Training	Salome
6:00 – 6:50 pm	B Cycle Fit	Sandy S.
6:00 – 6:50 pm	C Roll & Release	Tina
7:00 – 7:50 pm	A Zumba	Jody

Tuesday	Class	Instructor
6:30 – 7:20 am	A Interval Pump	Sarah
7:30 – 8:20 am	B Cycle Fit	Kim
8:30 – 9:20 am	A Barre Sculpt	Dawna
8:30 – 9:20 am	B Total Muscle Challenge	Kim
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 – 11:00 am	B Dynamic Core	Kim
10:30 – 11:30 am	C Yoga - Yin (OA)	Dawna
11:30 – 12:20 pm	A Fit Fusion 55+ (OA)	Cindy
11:45 – 12:45 pm	C Chair Yoga (OA)	Tina
12:30 – 1:30 pm	A Nia (OA)	Carol
5:00 – 5:50 pm	C *New* Yoga - Vinyasa	Krystal
6:00 – 6:50 pm	A Interval Challenge	Lori
6:00 – 6:50 pm	B Cycle Pump	Sandy H.
6:00 – 6:50 pm	C Pilates	Karen
7:00 – 7:50 pm	A Zumba	Stephanie
7:00 – 8:00 pm	C Yoga - Gentle (OA)	Krystal

Wednesday	Class	Instructor
7:30 – 8:20 am	C Yoga - Vinyasa	Tina
8:30 – 9:20 am	A Interval Pump	Dawna
8:30 – 9:20 am	C Dynamic Pilates	Tina
9:30 – 10:20 am	A Barre Sculpt	Dawna
9:30 – 10:45 am	C Yoga - Hatha	Tina
9:45 – 10:35 am	B Cycle Pump	Cindy
10:30 – 11:30 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	Kim
6:00 – 6:50 pm	A Circuit Training	Stephanie
6:00 – 6:50 pm	B Rhythm Cycle	Sandy H.
6:00 – 6:50 pm	C Yoga - Vinyasa	Tina
7:00 – 7:50 pm	A *New* Socacize	Malika
7:00 – 8:00 pm	C Sunset Yoga & Meditation (OA)	Tina

Friday	Class	Instructor
6:30 – 7:20 am	A Interval Pump	Sandy S.
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
10:30 – 11:30 am	C Yoga Nidra (OA)	Dawna
6:00 – 6:50 pm	C Yoga - Gentle (OA)	Tina
7:00 – 7:50 pm	B Socacize	Malika

Saturday	Class	Instructor
7:30 – 8:20am	B *New* Cycle Fit - Skills & Drills	Sandy S.
8:30 – 9:20 am	B Cycle Fit	Sandy S.
8:30 – 9:20 am	C Yoga - Vinyasa	Tina
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 – 11:20 am	B *New* Pump It Up	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 Yoga – Gentle (OA)	Linda

#### Class Legend

OA Older Adult appropriate class

Group Fitness Drop- In Rates*	Non-Member
Membership Classes up to 60 min	\$13.91
Membership Classes 75 min	\$15.97

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

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.

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 Class Descriptions

**Barre & Balance:** 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.

**Barre Sculpt:** 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.

**Cardio Dance Fit 55+:** Experience the joy of movement with a fun, energizing cardio workout inspired by global dance styles! This class features simplified choreography and offers both no-impact and low-impact options, making it accessible for everyone. Explore rhythms from merengue, flamenco, reggaeton, bachata, and more.

**Cardio Dance Kick:** This high-energy workout will have you kicking and dancing your way to better health and improved confidence. Infused with elements of dance, this cardio based class will have you kick all your tension good-bye!

**Chair Fit:** Help improve your strength and mobility in this full body all-seated fitness class using hand weights, weighted balls, resistance bands and bender balls. Also with a focus on posture, core stabilization and strengthening.

**Chair Yoga:** 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.

**Circuit Training:** 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.

**Cycle Fit 55+:** Stay active and energized with a low-impact cardio ride designed just for older adults. This class uses varying speeds and resistance levels to keep things fun and engaging, while being gentle on the joints. Every ride is a little different, helping you build endurance, improve heart health, and stay strong.

**Cycle Fit:** A dynamic indoor cycling class combining varying speeds, resistance levels, and riding techniques to simulate different terrains and intensities. Build endurance, burn calories, and strengthen your lower body, all while enjoying motivating music and instructor-led guidance to push you through every challenge.

**Cycle Fit - Skills & Drills:** Refine your technique for race season with this focused cycling workout designed for indoor and outdoor riders. You'll target key skills, including pedal stroke efficiency, cadence control, and proper form, helping you ride stronger.

**Cycle Pump:** 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.

**Dynamic Core:** 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.

**Dynamic Pilates:** Incorporating the principles of traditional Pilates, this class intensifies the workout by integrating light to moderate weights, resistance bands, and dynamic movements.

**Fit Fusion 55+:** 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.

**Interval Challenge:** This class alternates intervals of cardio and strength conditioning to give you a full body workout using a variety of equipment.

**Interval Pump:** 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.

**Nia®:** 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!

**Pilates:** 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.

**Pilates for Strong Bones:** 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.

**Pump It Up:** 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.

**Roll & Release:** This class utilizes 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.

**Rhythm Cycle:** 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.

**Socacize®:** This class is a creative blend of authentic 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.

**Step & Strengthen:** 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.

**Stretch & Strengthen:** This workout uses various types of equipment to focus on coordination, balance, and muscle strength. It finishes with stretching and postural exercises.

**Sunrise/Sunset Yoga & Meditation:** 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.

**Total Muscle Challenge:** Challenge yourself in this moderate to high-intensity, workout. Improve strength, stamina, and power with a workout that changes every week.

**Yoga 55+:** 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.

**Yoga - Asana, Pranayama, & Meditation:** Asana, postures & movement patterns, Pranayama, breathing techniques, & Meditation, centering the mind. Class explores each element separately and blends all through a flowing practice.

**Yoga - Core & Restore:** 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!

**Yoga - Gentle:** Learn basic postures, stretches and breathing techniques to help you relax and de-stress. This class is appropriate for pregnant women.

**Yoga - Hatha:** 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.

**Yoga - Nidra:** a deeply relaxing practice often referred to as "yogic sleep". Participants will experience a guided meditation while lying down, promoting profound relaxation and mental clarity.

**Yoga - Vinyasa:** 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.

**Yoga - Yin:** 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.

**Zumba®:** 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.