

Spring 2026 Group Fitness Schedule

Effective: April 13th – June 28th, 2026

Monday	Class	Instructor
7:30 – 8:20 am	A Circuit Training	Nicky
8:30 – 9:20 am	A Interval Pump	Kim
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 Strong	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 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 Interval Pump	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 Strong	Kat
7:00 – 7:50 pm	C Pilates	Karen

Tuesday	Class	Instructor
6:30 – 7:20 am	A Interval Pump Strong	Sarah
8:30 – 9:20 am	A *New* Circuit Training	Dawna
8:30 – 9:20 am	B Pump It Up	Kim
8:30 – 9:20 am	C Yoga - Hatha	Tina
9:30 – 10:20 am	A *New* Cardio Kick Fusion	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 – 11:20 am	B *New* Interval Pump	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 Yoga - Vinyasa	Krystal
6:00 – 6:50 pm	A Circuit Training Burn	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 Fit	Cindy
10:30 – 11:30 am	A Fit Fusion 55+ (OA)	Dawna
11:30 – 12:20 pm	C Yoga 55+ (OA)	Dawna
12:45 – 1:45 pm	C Chair Yoga (OA)	Laureen
5:00 – 5:50 pm	B Pump It Up Strong	Kim
6:00 – 6:50 pm	A Circuit Training	Stephanie
6:00 – 6:50 pm	B Rhythm Cycle	Sandy H.
6:30 – 7:20 pm	C Yoga - Vinyasa	Tina
7:00 – 7:50 pm	A Cardio Dance Fit**	Lauren O.
7:30 – 8:30 pm	C Sunset Yoga & Meditation (OA)	Tina

Thursday	Class	Instructor
7:30 – 8:20 am	A Interval Pump Strong	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 Burn	Sandy H.
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
7:00 – 7:50 pm	B *New* Pump It Up	Sandy H.

Friday	Class	Instructor
6:30 – 7:20 am	A Pump It Up Strong	Sandy S.
7:15 – 8:15 am	C Sunrise Yoga & Meditation (OA)	Tina
8:30 – 9:20 am	A *New* Cardio Kick Fusion	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 Circuit Training	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	Aza/Malika

Saturday	Class	Instructor
7:30 – 8:20am	B 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 Pump It Up Strong	Nicky
9:30 – 10:30 am	C *New* Yoga - Gentle (OA)	Tina
10:30 – 11:20 am	A Zumba	Stephanie
10:30 – 11:00 am	B Dynamic Core Express	Nicky

Sunday	Class	Instructor
7:30 – 8:20 am	A *New* Circuit Training	Sandy H.
8:30 – 9:20 am	B Pump It Up	Michelle
9:30 – 10:20 am	B *New* Cycle Fit	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

** Changed to Cardio Dance Fit until further notice. May be changed back to Socacize later in the Spring session.

*** Class runs for 6 weeks and ends on May 23

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

Closure Dates

May 18

New Class Glossary

Look for these terms to help identify higher intensity classes

Strong – Higher intensity strength classes focusing on heavier weights and compound movements

Burn – Increased cardio intensity with full body movement and minimal rest



**CHESTNUT HILL
DEVELOPMENTS**
RECREATION COMPLEX

Hours of Operation
Monday-Friday 6am-11pm
Sat-Sun 7am-7pm

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

City of
PICKERING