

Summer Group Fitness Schedule

Effective: June 30 – Sept 7, 2025

Monday	Class	Instructor
7:30 – 8:20 am	A Circuit Training	Nicky
8:30 – 9:20 am	A Interval Challenge	Cynthia/Donna
8:30 – 9:20 am	C Roll & Release (OA)	Tina/Heidi
9:30 – 10:20 am	A Step & Strengthen	Kim
9:30 – 10:20 am	B Pump It Up	Donna
9:30 – 10:30 am	C Yoga - Hatha	Tina/Laureen
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 Zumba Gold (OA)	Dawn
6:00 – 6:50 pm	A Total Barre	Donna
6:00 – 6:50 pm	B Pump It Up	Sandy
7:00 – 7:50 pm	A Zumba	Jody
7:00 – 7:50 pm	C Pilates	Karen

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
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/Laureen
10:30 – 11:20 am	A Barre & Balance (OA)	Tina/Donna
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/Kim
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 – 8:00 pm	C Yoga - Gentle (OA)	Laureen

Wednesday	Class	Instructor
6:30 – 7:20 am	A Circuit Training	Salome
7:30 – 8:20 am	C Yoga - Vinyasa	Tina/Dawna
8:30 – 9:20 am	A Interval Pump	Dawna
9:30 – 10:20 am	A Barre Sculpt	Dawna
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	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/Laureen
7:00 – 8:00 pm	C Sunset Yoga & Meditation (OA)	Tina/Laureen

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/Heidi
9:30 – 10:20 am	A Fit Fusion 55+ (OA)	Heidi
9:30 – 10:20 am	B Pump It Up	Kim
10:30 – 11:20 am	A Stretch & Strengthen (OA)	Heidi
10:30 – 11:30 am	C Chair Yoga (OA)	Tina/Kim
10:30 – 11:00 am	B Cycle Fit 55+ (OA)	Lynda
11:45 – 12:35 pm	B Chair Fit (OA)	Heidi
6:00 – 6:50 pm	A Circuit Training	Donna
6:00 – 6:50 pm	B Total Muscle Challenge	Sandy S.
6:00 – 6:50 pm	C Yoga – Yin (OA)	Tina/Alisia
7:00 – 7:50 pm	A Zumba	Tess

Friday	Class	Instructor
6:30 – 7:20 am	A Interval Pump	Sandy S.
7:15 – 8:15 am	C Sunrise Yoga & Meditation (OA)	Tina/Dawna
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/Heidi
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/Alisia

Saturday	Class	Instructor
8:30 – 9:20 am	B Cycle Fit	Sandy S.
9:30 – 10:20 am	B Total Muscle Challenge	Nicky
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 Yoga – Gentle (OA)	Linda

Class Legend	
OA	Older Adult appropriate class

Group Fitness Drop- In Rates*	Non-Member
Membership Classes up to 60 min	\$13.50
Membership Classes 75 min	\$15.50

Closure Dates

July 1
August 4
September 1

* 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.