

January Group Exercise Schedule

MORNING SESSIONS

Registration opens at 8:00 AM (3 days prior / 4 days prior on Tuesdays)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
8:30	Vinyasa Yoga Menucha	Pilates Hanna	Yoga Fusion Mabel	Hatha Yoga Rita	Vinyasa Yoga Menucha	Rhythm & Beats Karen W.	Rhythm & Beats Lisa M.	8:30
			Glutes & Abs Alin		Step Up: Muscle Gail	Cardio Kick Sam	Muscle Sculpt Hero	
						Aquafit Hero	Gentle Yoga Reut	
9:05	Aquafit Irina	Aqua Zumba Fabio	Aquafit Joy	Aquafit Ashley	Aquafit Gabby		Aquafit Camilla	9:05
9:30	Barre Pilates Vazheh	Pilates Hanna	Barre Angela	Barre Nadine	Barre Pilates Nadine	Vinyasa Yoga Lisa S. 	Gentle Yoga Karen 	9:30
	Cardio Blast Heather	Muscle Sculpt Michelle	Bootcamp Alin	Zumba Alla	Cardio Blast Alin	Bootcamp Karen W.	Athletic Circuit Denise	
			Performance Ride Gayle		Rhythm & Beats Ashley		Rhythm & Beats Lisa M.	
10:05	Aquafit Gabby	Aquafit Ashley	Aquafit Michelle	Aquafit Ashley	Aquafit Gabby			10:05
10:30	Pilates Vazheh	Yogalates Vazheh	Pilates Karen	Pilates Nadine	Foam Roller Pilates Nadine 	Yogalates Lisa S. 	Pilates Karen	10:30
	Muscle Sculpt Heather	Zumba Alla	Muscle Sculpt Gayle	Full Body Burn Heather	Muscle Mix Alin	Muscle Mix Gillian	Muscle Sculpt Gail	
	Chair Fitness Joy 	Chair Pilates Angela 	Chair Zumba Claudia 	Chair Pilates Rita 				
11:30	Barre Dani 	Gentle Yoga Angela	Gentle Yoga Karen	Yogalates Lisa S. 	Barre Dani	Pilates Vazheh	Hatha Yoga Mabel	11:30
	Zumba Alla 	Forever Strong Joy 	Forever Balance Joy 	Forever Strong Joy 	Zumba Alla	Zumba Lina 	Zumba Gail	
	Chair Yoga Orli				Chair Yoga Orli 			
12:30	Gentle Yoga Angela 		Therapeutic Pilates Karen	Barre Angela	Gentle Yoga Orli		Hatha Yoga Mabel	12:30
	Postnatal Power Pump Alla 	Postnatal Power Pump Alla 	Zumba Gail	Pee Wee Pilates Nadine 	Postnatal Power Pump Alla 			
2:00			Restorative Yoga Orli 					

 ROOM LOCATION
COLOUR CODE:

MAIN STUDIO

YOGA STUDIO

DANCE STUDIO A

CYCLE STUDIO

BOXING STUDIO

INDOOR POOL

 indicates low-intensity class

 indicates baby & me class

January Group Exercise Schedule

Registration opens at 8:00 AM (3 days prior / 4 days prior on Tuesdays)

AFTERNOON/EVENING SESSIONS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
4:30	HIIT Pilates Gillian	Pilates Gail	Glutes & Abs Sam					4:30
	Muscle Mix Alin		Muscle Mix Alin		Bootcamp Sam			
5:30	Pilates Bonnie	Pilates Gail	Pilates Bonnie	Yoga Fusion Sandra				5:30
	Muscle Sculpt Alin	Muscle Sculpt Lisa S.	Cardio Blast Alin	Cardio Blast Ashley				
6:30	Yogalates Lisa S.	Barre Pilates Gail	Therapeutic Yoga David	Barre Pilates Rita				6:30
	Bootcamp Lesley	Cardio Kick Sam	Bootcamp Lesley	Muscle Mix Denise				
	Nia Natalie	Rhythm & Beats Melissa						
7:30	Gentle Yoga Orli	Vinyasa Yoga Julie	Athletic Yoga David	Power & Flow Yoga Rita				7:30
	Zumba Alla	Zumba Claudia	Zumba Johanna	Zumba Claudia				
	Rhythm & Beats Lesley		Rhythm & Beats Lesley					
8:30	Yin Yoga Orli	Vinyasa Yoga Julie	Vinyasa Yoga Sandra	HIIT Pilates Rita				8:30

ROOM LOCATION COLOUR CODE:
MAIN STUDIO
YOGA STUDIO
DANCE STUDIO A
CYCLE STUDIO
BOXING STUDIO
INDOOR POOL

feet indicates low-intensity class

baby indicates baby & me class

Group Exercise

Class Descriptions



Schwartz/Reisman Centre

Aqua Fit	BootCamp	Drum Fit
Low-impact water aerobics for mobility, strength, and cardio. A great alternative to weight-bearing exercise.	A mix of strength and aerobic training for a powerful, full-body challenge.	Cardio using drumsticks and rhythm. Fun, energizing, and great for endurance.
Aqua Zumba	Cardio Blast	Foam Roller Pilates
Combines upbeat dance moves with the resistance of water for a fun, low-impact cardio workout that tones and energizes all fitness levels.	Bodyweight and light resistance cardio drills that leave you sweaty and energized.	Pilates with foam rolling for strength, stretching, and recovery.
Ashtanga Yoga	Cardio Kick	Forever Balance
A structured, challenging yoga practice with strength and flexibility focus.	A martial-arts inspired cardio workout that burns calories and builds endurance.	Breath and movement to build balance, mobility, and flexibility.
Athletic Circuit	Chair Pilates	Forever Strong
A full-body circuit with strength and stamina challenges. Great for all levels.	Seated Pilates for strength, posture, and stress relief.	Low-impact training for strength, posture, and bone health.
Athletic Yoga	Chair Yoga	Full Body Burn
Blends yoga and mobility drills to improve flexibility, stability, and performance while supporting recovery and injury prevention.	Gentle yoga using chairs for support, relaxation, and mobility.	Strength and cardio combined for a total-body challenge.
Barre	Cycle	Gentle Yoga
Ballet-inspired workout combining Pilates, strength, and mobility.	Ride through challenging endurance and strength intervals timed to the music. Push your limits and build stamina.	Slow-paced yoga for balance, relaxation, and all levels.

Group Exercise

Class Descriptions

Schwartz/Reisman Centre



Glutes & Abs	Pee Wee Pilates	Therapeutic Yoga
Focus on building a strong core and glutes to support all workouts.	A low-impact class for new moms to regain strength, improve posture, and bond with their babies through gentle movement.	Learn the importance of proper movement and how it supports strength, longevity, and overall health at any fitness level.
Hatha Yoga	Pilates	Vinyasa Yoga
Improve mobility and strength with posture and breath-focused practice.	Strengthen your core and improve posture with controlled movements.	Flow through postures using breath to build strength, flexibility, and focus.
HIIT Pilates	Postnatal Power Pump	Yin Yoga
Core-strengthening Pilates mixed with cardio bursts.	Rebuild strength and energy with postnatal-focused cardio, strength, core, and stretching in a supportive environment for new moms.	A slow, meditative class with long-held poses that release tension and improve flexibility.
Lift Barbell	Power & Flow Yoga	Yogaletes
Master barbell lifts to build power, strength, and confidence.	A dynamic yoga class with flowing sequences and strength-focused poses.	A mix of yoga and Pilates for flexibility, strength, and balance.
Muscle Mix	Restorative Yoga	Yoga Fusion
A blend of cardio and strength with adjustable intensity.	Relax deeply with supportive poses and mindful breathing.	Blend yoga and mobility drills with strength-building movements.
Muscle Sculpt	Step Up: Muscle	Zumba
Resistance training that tones and strengthens the whole body.	High-energy step and strength workout for full-body power.	Dance to fun music with easy-to-follow moves. A workout that feels like a party!
Nia	Therapeutic Pilates	
A fusion of dance, martial arts, and yoga that energizes body and mind.	Gentle Pilates for mobility, flexibility, and core strength.	