

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	ROOM LOCATION COLOUR CODE:
8:30	Vinyasa Yoga Menucha	Pilates Jenny	Yoga Fusion Mabel	Hatha Yoga Rita	Vinyasa Yoga Menucha	Rhythm & Beats Karen W.	Rhythm & Beats Annika	8:30	MAIN STUDIO
			Glutes & Abs Alin	Muscle Sculpt Sumana	Step Up: Muscle Gail	Cardio Kickboxing Sam	Muscle Sculpt Hero		
						AquaFit Hero	Gentle Yoga Karen		
9:05	AquaFit Irina	Aqua Zumba Fabio	AquaFit Agnes	AquaFit Noa	AquaFit Marina		AquaFit Camilla	9:05	DANCE STUDIO A
9:30	Barre Pilates Vazheh	Pilates Jenny	Barre Jenny	Barre Nadine	Barre Pilates Nadine	Vinyasa Yoga Lisa S.	Gentle Yoga Karen	9:30	CYCLE STUDIO
	Cardio Blast Heather	Muscle Sculpt Michelle	Bootcamp Alin	Zumba Alla	Cardio Blast Alin	Bootcamp Karen W.	Athletic Circuit Denise		
			Performance Ride Gayle	Cycle & Sculpt Sumana	Rhythm & Beats Ashley		Rhythm & Beats Annika		
10:05	AquaFit Sumana	AquaFit Ashley	AquaFit Michelle	AquaFit Michelle	AquaFit Marina			10:05	FAMILY RESOURCE CENTRE
10:30	Pilates Vazheh	Yogalates Vazheh	Pilates Karen	Pilates Nadine	Foam Roller Pilates Nadine	Yogalates Lisa S.	Pilates Karen	10:30	INDOOR POOL
	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	Zumba Gold Claudia	Chair Pilates Rita	Chair Fitness Michelle				
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	Gentle Yoga Sandra	Gentle Yoga Orli		Hatha Yoga Mabel	12:30	
	Postnatal Power Pump Alla	Postnatal Power Pump Alla	Zumba Gail	Functional Fitness Michelle	Postnatal Power Pump Alla				

indicates low-intensity class
 indicates baby & me class
 indicates NEW class

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AFTERNOON/EVENING SESSIONS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
2:00			Restorative Yoga Orli					
4:30	Pilates Boninie	Pilates Gail						4:30
	Muscle Mix Alin		Muscle Mix Alin		Bootcamp Sam			
	Rhythm & Beats Annika							
5:30	Pilates Ashley	Pilates Gail	Therapeutic Yoga David	Pilates Rita				5:30
	Muscle Sculpt Alin	Muscle Mix Beth	Cardio Blast Alin	Muscle Sculpt Ashley				
6:30	Yogalates Lisa S.	Barre Pilates Gail	Athletic Yoga David	Barre Pilates Rita				6:30
	Bootcamp Lesley	Cardio Kickboxing Sam	Bootcamp Lesley	Muscle Mix Denise				
		Rhythm & Beats Melissa						
7:30	Gentle Yoga Orli	Vinyasa Yoga Julie	Pilates Rita	Vinyasa Yoga Vazheh				7:30
	Zumba Alla	Zumba Claudia	Zumba Johanna	Zumba Claudia				
	Rhythm & Beats Lesley		Rhythm & Beats Lesley	Cycle & Sculpt Nathalie				
8:30	Yin Yoga Orli	Vinyasa Yoga Julie	Vinyasa Yoga Sandra	Pilates Vazheh				8:30

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

indicates low-intensity class

indicates baby & me class

indicates NEW 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.	