






PICKERING TOWN CENTRE

905-420-1520

Effective: Monday, February 22, 2021

STUDIO A						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:45-9:20 AM CYCLE Lynda R	8:45-9:20 AM BOOTCAMP Andrea R	8:45-9:20 AM CYCLE Cindy R	8:45-9:20 AM STEP Lynda R	8:45-9:20 AM HIIT Cindy R	8:45-9:20 AM PILATES Nicole R (Starts March 6)	9:00-9:45 AM MUSCLE MIX PLUS Michelle R
9:30-10:15 AM MUSCLE MIX Lynda R	9:30-10:15 AM BOOTCAMP Andrea R	9:30-10:15 AM MUSCLE MIX Michelle R	9:30-10:15 AM STEP Lynda R	9:30-10:15 AM HIIT Cindy R	9:30-10:15 AM HIIT Eduardo MR	10:00-10:45 AM VINYASA YOGA Heather R
10:30-11:20 AM  ZUMBA Heidi R (Starts March 8)	10:30-11:20 AM YOGA DANCE Shari R (Starts March 2)	10:30-11:20 AM VINYASA YOGA Audrianna R	10:30-11:20 AM PILATES Theresa R	10:30-11:20 AM  ZUMBA Heidi R (Starts March 12)	10:30-11:20 AM CARDIO MIX Lynda R	
5:00-5:45 PM HIIT Lynda R	5:00-5:45 PM CYCLE Lynda R	5:00-5:45 PM VINYASA YOGA Heather R	5:00-5:45 PM MUSCLE MIX Ré R	6:00-6:45 PM  Sandy R		
7:00-7:50 PM PILATES Nicole O. R	7:00-7:50 PM  ZUMBA Heidi R (Starts March 9)	6:00-6:50 PM MUSCLE MIX Eduardo MR	6:00-6:45 PM CYCLE Lynda R		Recognized as a Heart Wise Facility 	

****Classes, times and instructors are subject to change without notice.**

G – INDICATES CLASS IS GENTLE-SUITABLE FOR OLDER ADULTS AND MEMBERS WITH PHYSICAL LIMITATIONS

N – INDICATES NEW CLASS, TIME OR INSTRUCTOR **M** – INDICATES MALE INSTRUCTOR

R – INDICATES ONLINE RESERVATIONS (AT THE CURRENT TIME ALL CLASSES WILL BE ONLINE RESERVATION).

AVAILABLE TO BOOK UP TO 48 HOURS IN ADVANCE. BOOKINGS WILL CLOSE AT 7:00 AM THE DAY OF THE CLASS.

SUSPENDED – CLASS CANCELLED UNTIL FURTHER NOTICE