

Fall 2026 Group Fitness Schedule

Effective: September 8th – November 29th, 2026

Monday	Class	Instructor
7:30 – 8:20 am	A Circuit Training	Kim
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 Gentle 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	Donna
6:00 – 6:50 pm	B Interval Pump Strong	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	Salome
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 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 Cardio Kick Fusion/Cardio Fusion**	Dawna/Kim
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 Interval Pump	Kim
10:30 – 11:30 am	C Yoga – Yin/Yoga – Gentle** (OA)	Dawna/Kim
11:30 – 12:20 pm	A Fit Fusion Dynamic 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	Donna
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 – 7:30pm	B *New* Dynamic Core Express	Sandy H.
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/Ball Sculpt**	Dawna/Kim
9:30 – 10:45 am	C Yoga - Hatha	Tina
9:45 – 10:35 am	B Cycle Pump	Cindy
10:30 – 11:20 am	A Fit Fusion Dynamic 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.
6:00 – 6:50 pm	C Yoga - Vinyasa	Tina
7:00 – 7:50 pm	A Zumba	Marisa
7:00 – 8:00 pm	C Sunset Yoga & Meditation (OA)	Tina

Closure Dates
Sep 7 & October 12

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
- Dynamic** – Faster-paced and increased cardiovascular and strength challenges. Suitable for participants comfortable with moderate-intensity exercise and more dynamic movements.

Thursday	Class	Instructor
7:30 – 8:20 am	A Interval Pump Strong	Kim
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 Gentle 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 Gentle (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 Pump It Up	Sandy H.

Friday	Class	Instructor
6:30 – 7:20 am	A Interval Pump Strong	Sandy S.
7:15 – 8:15 am	C Sunrise Yoga & Meditation (OA)	Tina
8:30 – 9:20 am	A 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 Gentle (OA)	Heidi
10:30 – 11:30 am	C Yoga Nidra/Restorative** (OA)	Dawna/Krystal
6:00 – 6:50 pm	C Yoga - Gentle (OA)	Tina

Saturday	Class	Instructor
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	Michelle
9:30 – 10:30 am	C Yoga - Gentle (OA)	Tina
10:30 – 11:20 am	A Zumba	Stephanie
10:30 – 11:00 am	B Dynamic Core Express	Michelle

Sunday	Class	Instructor
7:30 – 8:20 am	A Circuit Training	Sandy H.
8:30 – 9:20 am	B Pump It Up	Michelle
9:30 – 10:20 am	B *New* Cycle Pump	Sarah
9:30 – 10:20 am	C Yoga - Gentle (OA)	Linda
10:30 – 11:20 am	B *New* Socacize	Aza-Anne

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

** Classes listed next to the double asterisk will be taught during the month of September

*** Friday 8:30am Cardio Kick Fusion will begin Oct 2

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.

Group Fitness Class Descriptions

Barre & Balance: This class incorporates the disciplines of yoga, Pilates and ballet to perform a variety of strength and balance exercises to increase range of motion, mobility and confidence.
Ball Sculpt: Challenge your strength, stability, and core in this total-body workout using stability balls and a variety of strength training exercises. Combining functional movements, balance, and muscular conditioning to improve posture, coordination, and overall fitness
Barre Sculpt: Combining attributes of Pilates, barre, and functional training while using small movements to fatigue the muscles and larger movements to elevate the heart rate. Uses a variety of equipment resulting in a total body workout.
Cardio Dance Fit 55+: Experience the joy of movement with a fun, energizing cardio workout inspired by global dance styles! This class features simplified choreography and offers both no-impact and low-impact options, making it accessible for everyone. Explore rhythms from merengue, flamenco, reggaeton, bachata, and more.
Cardio Kick Fusion: This high-energy workout will have you kicking and punching your way to better health and improved confidence. Infused by elements of kickboxing, sports conditioning and rhythmic movement, this cardio-based class will have you kick all your tension good-bye!
Chair Fit: Help improve your strength and mobility in this full body all-seated fitness class using hand weights, weighted balls, resistance bands and bender balls. Also, with a focus on posture, core stabilization and strengthening.
Chair Yoga: This is a unique yoga style that adapts yoga positions and poses through creative use of a chair. Poses are done seated on the chair or the chair is used for support during standing and balance poses.
Circuit Training: Boost your strength, endurance, and overall fitness with this balanced, full-body circuit class. You'll move through a dynamic mix of cardio, strength, and functional exercises designed to challenge you and keep your heart rate up.
Circuit Training Burn: This is a demanding, high-intensity circuit class that fuses cardio and strength with minimal rest. Elevate your heart rate, push endurance, and torch calories while building functional strength.
Cycle Fit 55+: Stay active and energized with a low-impact cardio ride designed just for older adults. This class uses varying speeds and resistance levels to keep things fun and engaging, while being gentle on the joints. Every ride is a little different, helping you build endurance, improve heart health, and stay strong.
Cycle Fit: A dynamic indoor cycling class combining varying speeds, resistance levels, and riding techniques to simulate different terrains and intensities. Build endurance, burn calories, and strengthen your lower body, all while enjoying motivating music and instructor-led guidance to push you through every challenge.
Cycle Pump: Cycle Fit and Pump It Up all in one! Improve your cardio on the bike while also building strength and core doing off-bike muscle conditioning. Challenge your fitness level with this high energy, calorie-burning class.
Dynamic Core Express: A 30-minute express class with a combination of muscle endurance and cardio exercises focusing on core muscle groups which include, the glutes, lower back, abdominals, and oblique muscles to help give you a strong core.
Dynamic Pilates: Incorporating the principles of traditional Pilates, this class intensifies the workout by integrating light to moderate weights, resistance bands, and dynamic movements.
Fit Fusion 55+: This class is designed for older adults as it consists of low impact movements with little to no bouncing. It's a blend of cardiovascular and muscular strength, finishing off with core work and full body stretch. Dynamic - Faster-paced, more standing work, and increased cardiovascular and strength challenges. Suitable for participants comfortable with moderate-intensity exercise and more dynamic movements. Gentle - Chair options, slower transitions, and low-impact exercises. Ideal for beginners, participants managing mobility challenges, or those preferring a lower-intensity workout.
Interval Pump: This class alternates intervals of cardio and strength conditioning, with a heavier focus on weight bearing strength exercises, to give you a full body workout using a variety of equipment.
Interval Pump Strong: A high-intensity, full-body workout that alternates heart-pumping cardio with heavy, weight-bearing strength intervals. Using a variety of equipment, this class challenges endurance, builds strength, and pushes overall performance.
Nia®: A dance-based cardio class that will get your heart pumping but is easy on the joints. It draws from disciplines of martial arts, dance arts and healing arts with upbeat music, easy to learn moves - you'll forget you're exercising!
Pilates: Experience this mind-body movement focusing on the Pilates principles of centering, breath, concentration, control, precision and flow. Includes elements of standing as well as mat work.
Pilates for Strong Bones: This osteo-friendly Pilates class includes floor work, as well as chair and standing exercises, to improve strength, balance, and bone health.
Pump It Up: This class focuses on weight bearing strength exercises that are challenging, safe, and functional. We incorporate the use of: dumbbells, bars, plates, and steps/benches.
Pump It Up Strong: This high-intensity strength class is built around heavy, weight-bearing lifts and demanding functional movements. Using dumbbells, barbells, plates, and steps/benches, this class is designed to push strength, power, and muscular endurance.
Roll & Release: This class uses tools such as foam rollers, balls, and bands, while incorporating yoga poses and breathing principles to promote deeper muscle lengthening, improved mobility, and the release of stiff tissue.
Rhythm Cycle: Cycling has never been more fun! Get your endorphins flowing with this fun, heart pumping class full of rhythms and beats. It's a party on the bike that will be sure to make you sweat.
Socacize®: This class is a creative blend of authentic Caribbean and African dance techniques, in harmony with effective fitness moves, resulting in a unique, non-judgmental and exhilarating dance fitness program for all fitness levels.
Step & Strengthen: This class fuses together the cardio benefits of a step class and the muscle building benefits of a strength training class. Get everything you need all in one high-energy, total body workout.
Stretch & Strengthen: This workout uses various types of equipment to focus on coordination, balance, and muscle strength, finishing with stretching and postural exercises. Dynamic - Faster-paced, more standing work, and increased cardiovascular and strength challenges. Suitable for participants comfortable with moderate-intensity exercise and more dynamic movements. Gentle - Chair options, slower transitions, and low-impact exercises. Ideal for beginners, participants managing mobility challenges, or those preferring a lower-intensity workout.
Sunrise/Sunset Yoga & Meditation: This class offers a therapeutic introduction to yoga. Each session includes static and flowing postures, breathing techniques, sound, and guided meditation to promote relaxation and mindfulness.
Yoga 55+: A Hatha style class designed for those seeking to increase and maintain joint mobility while building strength and improving balance. Recommended for healthy older adults with no major joint or medical conditions.
Yoga - Core & Restore: This class uses a variety of equipment along with functional movement principles, to safely build reliable core unit strength as well as key core stretches to restore balance. A strong, responsive core is waiting for you!
Yoga - Gentle: Learn basic postures, stretches and breathing techniques to help you relax and de-stress. This class is appropriate for pregnant women.
Yoga - Hatha: This class uses static postures and breathing techniques to help you stretch, breathe, and relax while reducing stress, improving alignment, and increasing overall energy.
Yoga - Nidra: A deeply relaxing practice often referred to as "yogic sleep". Participants will experience guided meditation while lying down, promoting profound relaxation and mental clarity.
Yoga – Restorative - A restful practice that holds yoga poses (asanas) for a longer duration using props like yoga blocks, blankets, and bolsters. It is a practice of deep relaxation that emphasizes the meditative aspect of yoga.
Yoga - Vinyasa: A dynamic, flowing form of yoga that smoothly links movement with breath. You'll be guided through a series of poses that build strength, flexibility, and mindful awareness through coordinated inhaling and exhaling.
Yoga - Yin: Yin is a relaxed, passive style of yoga that involves holding poses for longer durations and increasing your inner awareness while also stretching deeper connective tissues.
Zumba®: This inclusive dance party is a cardio-interval training program inspired by Latin rhythms. Low and high impact options demonstrated to introduce international dances such as cumbia, samba, salsa, cha-cha, soca, hip-hop and more.