

Group Fitness Drop-In Schedule

Fall 2023



For the most up-to-date closures and cancellations please visit newmarket.ca/schedules

Magna Centre

Effective September 4, 2023. Subject to change at any time

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:45 a.m.	Yoga Dolly	Core Concepts Gwynne	Yoga Geri	Barre Andrea	Stretch & Tone (16+) Gwynne	Muscle Sculpt (16+) Marcella	Total Body Conditioning Marcella
9:45 a.m.	BollyX Dolly	Stretch & Tone (16+) Gwynne	Sweat & Sculpt Jaye	Muscle Sculpt (16+) Jaye	Zumba Karina	Barre Andrea	Yoga (10 a.m.) Geri
10:45 a.m.		New Class! Dance Fusion Jeries	Core Concepts Gwynne	BollyX Dolly	New Class! Cardio Kickboxing Jaye	Yoga Tracey	
11:45 a.m.			Stretch & Tone (16+) Gwynne	Yoga Dolly			
4:45 p.m.	Stretch & Tone (16+) Gwynne	New Class! Yoga Power Jaye	New Class! Pilates Laura S.	New Instructor! 360 Fitness Gwynne			
5:45 p.m.	Total Body Conditioning Laura V.	Sweat & Sculpt Jaye	New Instructor! Muscle Sculpt (16+) Laura S.	New Class! Complete Body Tone Jeries			
6:45 p.m.	Muscle Sculpt (16+) Laura V.	Zumba Megan	BollyX Dolly	Zumba Megan			
7:45 p.m.	Zumba Karina	New Class! Barre Andrea	Yoga Dolly	Yoga Melanie			

ALL Group Fitness Class will be available for pre-registration through Xplor Recreation.

Reservations are not required for participation to classes, however, strongly recommended that participants register online in advance as all classes are first-come, first-served. Walk-in's are available where space permits.

Equipment Use & Things to Know

- Classes take place in the Fitness Studio located on the upper level
- Kiosk check in for all Group Fitness classes will be available 30 minutes prior to the start of each class. Should you wish to take two (2) group fitness classes back to back, no problem! Just mention your intention to the Customer Service Associate and they will validate your check in for both classes at the same time.
- Check in closes for each class 5 minutes after the start time of the class.

Important Change

If you are unable to attend the class you have registered in, promptly log back into your account and withdraw your registration. Withdrawals can occur till the start time of the class. If you are unable to withdraw yourself, please ensure you call (905) 895-5193 and one of our Kiosk Customer Service Associates will be able to assist you.



Group Fitness Class Descriptions

newmarket.ca/schedules

Core Concepts

This gentle class, using various resistance devices and body weight focus on the core.

Core Fusion

A fusion of Pilates, yoga and barre movements concentrating on strengthening the entire core while adding flexibility and toning to all the muscle groups. Body weight and a variety of light equipment are used.

Zumba®

With a hint of Latin flavour and easy-to-follow steps you will be dancing the class away in no time!

Muscle Sculpt

Strength training class that uses barbells, dumbbells and body weight to create muscle definition and build strength. Each body part will be worked separately.

Stretch & Tone

Strengthen and tone your muscles to improve your quality of life. Finish with a lengthy stretch. Lightweight equipment will be used.

Barre

Strengthen the body as we combine the principles of Pilates, yoga, and dance. This class uses the weighted bar, pilates ball, bands and dumbbells.

Sweat & Sculpt

A full-body-based workout using a variety of weights that covers muscle conditioning, cardio, intervals, core and more!

Yoga

This class focuses on building strength, reducing stress, and increasing mental clarity while linking movement to breathing.

BollyX®

A Bollywood-inspired dance-fitness program that combines dynamic choreography with the hottest music from around the world. Its a cardio class with dance sequences to get you moving, sweating, and smiling.

360 Fitness

This full body energetic circuit style class alternates between using different muscle groups with minimal rest to build strength.

Total Body Conditioning

This dynamic strength-based class targets your whole body while using various equipment to consistently challenge your muscles. With fun music and high energy, you condition, strengthen and tone all muscle groups in this class.

Cardio Kickboxing

Combines Kickboxing techniques with fast-paced cardio. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

Yoga Power

Participants will move through fast-paced Yoga sequences, with awareness of proper alignment, providing an opportunity to increase stamina while ensuring body awareness. Get ready to sweat and feel great!

Cardio Dance Fusion

This type of fitness dance class is a low impact workout designed to promote overall flexibility, mobility, strengthening and toning techniques for the core & hips

Complete Body Tone

Designed to slow down, and focus on technique & isolation. You will condition, strengthen and tone the largest muscle groups while giving the smaller muscle groups attention through isolation and target focused exercises.

Pilates

A strong core equals a strong back! In this core focused class, participants will be guided through a series of exercises to tone and strengthen the core while balancing strength and flexibility of all muscle groups.