

Group Fitness Drop-In Schedule

Spring 2022



For the most up-to-date closures and cancellations please visit www.newmarket.ca/schedules or sign up for the email notification

Magna Centre

Effective April 4, 2022. Subject to change at any time

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9 a.m.		Stretch & Tone Gwynne	Yoga May	Muscle Sculpt Andrea	Core Concepts Gwynne	Muscle Sculpt Andrea	Total Body Conditioning Marcella
10 a.m.	Yoga Geri		Sweat & Sculpt Laura		Zumba Karina	NEW! Barre Andrea	Yoga Geri
4:45 p.m.	Total Body Conditioning Laura	Yoga Geri	Muscle Sculpt Shahzad	Pilates Jennifer			
5:45 p.m.	Stretch and Tone Gwynne	Sweat & Sculpt Kelly	Pilates Shahzad	Total Body Conditioning Jennifer	Yoga 5:30 p.m. Tracey		
6:45 p.m.	Yoga May	Zumba Megan	NEW! BollyX Dolly	Zumba Megan			
7:45 p.m.	Zumba Karina	Muscle Sculpt Laura	Yoga May				

Reserve Your Spot Now

- Reserving your spot is required online at play.newmarket.ca
- Registration opens at 8 a.m. Sunday for the week ahead

Cancellations

- If you are unable to make your class, please log into your account and withdrawal yourself promptly
- If you require a withdrawal on the day of, contact us at fitness@newmarket.ca with CANCEL in the subject line or call 905-953-5300 ext 2710

Equipment Use & Things to Know

- Classes take place in the Fitness Studio located on the upper level
- Upon arrival to the studio, participants will get their required fitness equipment and take it to their designated spot
- Participants must wipe down their equipment with the wipes provided before returning it to its designed spot after use



Group Fitness Class Descriptions

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.

Core Concepts

This gentle core-specific class uses various resistance devices and body weight to tone and support the core through supportive and functional movements.

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 the largest muscle groups while giving the smaller muscle groups attention through isolation and target-focused exercises.

Zumba®

With a hint of Latin flavour and international zest, this class will leave you feeling fine! With easy-to-follow steps and a broken into stages approach to choreography, you will be dancing the class away in no time!

Muscle Sculpt

Bring the weight room to the studio! This is a strength training class that is specifically designed to yield results! Participants will use barbells, dumbbells and body weight to create muscle definition and build strength. Each body part will be worked separately. Get ready to feel the burn!

Stretch & Tone

Strengthen and tone your muscles to facilitate everyday living activities and improve your quality of life. Finish with a lengthy stretch to maintain or increase flexibility. A variety of lightweight equipment will be used. For those participants not wanting to participate in floor exercises, modifications will be provided

Sweat & Sculpt

A full-body-based workout using a variety of weights that covers muscle conditioning, cardio, intervals, core and more! This is considered a medium to high-intensity class, but allows you to make it your own with modifications

Yoga

This class focuses on building strength, reducing stress, and increasing mental clarity while linking movement to breathing. Participants will move through fast-paced sequences while being cued on proper alignment, as they increase stamina and flexibility.

BollyX®

A Bollywood-inspired dance-fitness program that combines dynamic choreography with the hottest music from around the world. Its 50-minute cardio workout cycles between higher and lower-intensity dance sequences to get you moving, sweating, and smiling

Barre

This class will shape, tone, and strengthen the body as it combines the principles of Pilates, yoga, and dance. This class uses the weighted bar, pilates ball, bands and dumbbells.