

# Group Fitness Drop-In Schedule

Winter 2023



For the most up-to-date closures and cancellations please visit [www.newmarket.ca/schedules](http://www.newmarket.ca/schedules)

## Magna Centre

Effective January 28, 2023. Subject to change at any time

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:45 a.m.	<b>Yoga</b> Dolly	<b>Core Concepts</b> Gwynne	<b>Yoga</b> Geri	<b>Barre</b> Andrea	<b>Stretch &amp; Tone (16+)</b> Gwynne	<b>Muscle Sculpt</b> Andrea	<b>Total Body Conditioning</b> Marcella
9:45 a.m.	<b>NEW!</b> <b>BollyX</b> (Low Intensity) Dolly	<b>Stretch &amp; Tone (16+)</b> Gwynne	<b>NEW Instructor!</b> <b>Sweat &amp; Sculpt</b> Jaye	<b>Muscle Sculpt</b> Andrea	<b>Zumba</b> Karina	<b>Barre</b> Andrea	<b>Yoga (10 a.m.)</b> Geri
10:45 a.m.			<b>Core Concepts</b> Gwynne			<b>Yoga</b> Tracey	
4:45 p.m.	<b>Stretch &amp; Tone (16+)</b> Gwynne	<b>*NEW Yoga</b> Jaye	<b>Core Fusion</b> Brandie	<b>*NEW 360 Fitness</b> Brandie			
5:45 p.m.	<b>Total Body Conditioning</b> Laura	<b>*NEW Sweat &amp; Sculpt</b> Jaye	<b>Muscle Sculpt</b> Brandie	<b>Sweat &amp; Sculpt</b> Brandie			
6:45 p.m.	<b>Muscle Sculpt</b> Laura	<b>Zumba</b> Karina	<b>BollyX</b> Dolly	<b>Zumba</b> Michelle			
7:45 p.m.	<b>Zumba</b> Karina		<b>Yoga</b> Dolly	<b>Yoga</b> 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

## 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.

## Core Fusion

This fitness class is 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 in this class.

## 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.