Group Fitness Drop-In Schedule

Fall 2026

Newmarket

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

Magna Centre

Effective September 8, 2026. Subject to change at any time

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 a.m.	**New Instructor!!** **Sweat & Sculpt** Andrea P		**NEW Class!!** **Step, Strength & Stretch** Andrea P				
7:30 a.m.	**Barre** **(7:15 a.m.)** Andrea A	**Sweat & Sculpt** Veronica	**Pilates** Veronica		**Sweat & Sculpt** Veronica		
8:45 a.m.	**Yoga** Dolly	**Core Concepts** Gwynne	**Sweat & Sculpt** Veronica	**Zumba Toning** Karina	**Stretch & Tone (16+)** Gwynne	**Muscle Sculpt (16+)** Marcella	**Total Body Conditioning** Marcella
9:45 a.m.	**BollyX** Dolly	**Stretch & Tone (16+)** Gwynne	**Yoga** Melanie	**Muscle Sculpt (16+)** Jaye	**Zumba** Karina	**PIYO** Marcella	**Muscle Sculpt (16+)** Marcella
10:45 a.m.	**Wall Workout** Dolly	**Pilates** Laura S.	**Core Concepts** Gwynne	**BollyX** Dolly	**Pilates** Deirdre	**Yoga** Tracey	
11:45 a.m.		**Complete Body Tone** Jeries	**Stretch & Tone (16+)** Gwynne	**Yoga** Dolly	**NEW CLASS!!** **Kettlebell Foundations** **(3:30 p.m.)** Alexa		**Restorative Yoga** Eliza
4:45 p.m.	**Stretch & Tone (16+)** Gwynne	**Dance Fusion** Jeries	**Pilates** Laura S.	**360 Fitness** Gwynne	**Restorative Yoga** Eliza		**NEW CLASS!!** **Mindful Meditation** Mukin
5:45 p.m.	**Zumba** Karina	**Complete Body Tone** Jeries	**Muscle Sculpt (16+)** Laura S.	**Dance Fusion** Jeries			
6:45 p.m.	**Pilates** Melanie	**Zumba** Karina	**Total Body Conditioning** Marcella	**Complete Body Tone** Jeries	**Zumba** Charlene		
7:45 p.m.	**New Class!** **Yoga** Melanie	**Hatha Yoga** Melanie		**Yoga** Melanie			

Ray Twinney Recreation Complex

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 a.m.						**Barre** **(8:15 a.m.)** Andrea A	
9 a.m.		**Restorative Yoga** Eliza					**Yoga** Tracey
10 a.m.						**Cardio Kickboxing** Sarujen	**Zumba** Charlene
5 p.m.	**Sweat & Sculpt** **(4:30 p.m.)** Veronica		**Dance Fusion** Jeries	**Core Concepts** **(5:30 p.m.)** Tima	**New Class!** **Cardio Kickboxing** **(Lounge #2)** Sarujen		
6 p.m.	**Dance Fusion** **(5:30 p.m.)** Jeries		**Complete Body Tone** Jeries				
7 p.m.	**Complete Body Tone** **(6:30 p.m.)** Jeries		**Qi Gong** Mukin	**Yoga** **(7:30 p.m.)** Kristiina			
8 p.m.			**Yoga** Tanvi				

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.

Important Information:

- ☐ Classes take place at Magna in the Fitness Studio located on the upper level
- ☐ Ray Twinney Recreation Centre in Lounge #1
- ☐ Check in closes for each class 5 minutes after the start time of the class.

No Show Fee Policy:

The Town of Newmarket charges a $10 no-show fee for pre-registered drop-in programs if a participant fails to attend. Withdrawals for any pre-registered drop in program can occur up to the start of your program. Withdrawals can be completed online through your Xplor Account or by calling our Customer Service Kiosk at 905-953-5303.
No shows will not be refunded.

Group Fitness Class Descriptions

newmarket.ca/schedules

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

Barre
This class blends Pilates, yoga, and dance to strengthen and tone using bars, balls, bands, and dumbbells.

BollyX®
A Bollywood-inspired dance fitness class featuring energetic choreography and global music to keep you moving, sweating and smiling.

Cardio Dance Fusion
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. Strengthen and tone major muscle groups while targeting smaller muscles through focused isolation exercises.

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

Fusion Fit
Challenge yourself to use your own body weight with a variety of movements to improve cardio, muscle strength, flexibility, balance and coordination.

Hatha Yoga
This class has an emphasis on correct alignment, posture, breathing techniques and integrating meditation for a complete mind-body wellness experience.

Kettlebell Foundations
Master kettlebell basics and build full-body strength in this fun, beginner-friendly class.

Mindful Meditation
Discover the benefits of mindfulness meditation. Build calm, focus, and resilience through greater present-moment awareness.

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.

Pilates
Participants will be guided through a series of exercises to tone and strengthen the core while balancing strength and flexibility of all muscle groups.

Piyo
This class combines the muscle sculpting, core firming benefits of Pilates and the strength and flexibility of a yoga class.

Qi Gong
This class combines gentle movement, breathwork, and relaxation to promote balance, reduce tension, improve mobility, and support overall well-being.

Restorative Yoga
A slow paced practice focused on long holds, stillness, & deep breathing. Yoga props are used to encourage the body to relax, and help soothe the nervous system.

Step, Strength & Stretch
Enjoy a full-body workout that combines step cardio, muscle-toning exercises, and guided stretching.

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

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

Total Body Conditioning
This dynamic strength-based class targets your whole body while using various equipment to consistently challenge your muscles.

Wall Workout
Increase strength, build muscle, enhance mobility, and improve posture and balance through supported exercises using only the wall.

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

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