

# Group Fitness Drop-In Schedule

Spring 2025



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

## Magna Centre

Effective March 31, 2025. Subject to change at any time

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 a.m.		<b>New Class!!</b> <b>Sweat &amp; Sculpt</b> Veronica					
8:45 a.m.	<b>Yoga</b> Dolly	<b>Core Concepts</b> Gwynne	<b>Yoga</b> Laura S.	<b>Barre</b> Andrea	<b>Stretch &amp; Tone (16+)</b> Gwynne	<b>PIYO</b> Marcella	<b>Total Body Conditioning</b> Marcella
9:45 a.m.	<b>BollyX</b> Dolly	<b>Stretch &amp; Tone (16+)</b> Gwynne	<b>Sweat &amp; Sculpt</b> Jaye	<b>Muscle Sculpt (16+)</b> Jaye	<b>Zumba</b> Karina	<b>Muscle Sculpt (16+)</b> Marcella	<b>Muscle Sculpt (16+)</b> Marcella
10:45 a.m.	<b>Fusion Fit</b> Dolly	<b>Pilates</b> Laura S.	<b>Core Concepts</b> Gwynne	<b>BollyX</b> Dolly	<b>Cardio Kickboxing (11 a.m.)</b> Jaye	<b>Yoga</b> Tracey	
11:45 a.m.		<b>Zumba</b> Jeries	<b>Stretch &amp; Tone (16+)</b> Gwynne	<b>Yoga</b> Dolly			
4:45 p.m.	<b>Stretch &amp; Tone (16+)</b> Gwynne	<b>Dance Fusion</b> Jeries	<b>Pilates</b> Laura S.	<b>360 Fitness</b> Gwynne	<b>Restorative Yoga</b> Eliza		<b>Restorative Yoga (3:30 p.m.)</b> Eliza
5:45 p.m.	<b>PIYO</b> Marcella	<b>Complete Body Tone</b> Jeries	<b>Muscle Sculpt (16+)</b> Laura S.	<b>New Time!</b> <b>Dance Fusion</b> Jeries			
6:45 p.m.	<b>Muscle Sculpt (16+)</b> Marcella	<b>Zumba</b> Megan	<b>Zumba</b> Karina	<b>NEW Time!</b> <b>Complete Body Tone</b> Jeries	<b>Zumba</b> Charlene		
7:45 p.m.	<b>Zumba</b> Karina	<b>Yoga</b> Melanie	<b>Yoga</b> Kristina	<b>Yoga</b> Melanie			

## Ray Twinney Recreation Complex

Effective March 31. Subject to change at any time

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7 a.m.				<b>New Class!!</b> <b>Pilates</b> Deirdre (Lounge 2)			
9 a.m.		<b>Restorative Yoga</b> Eliza				<b>Barre</b> Andrea	<b>Yoga</b> Tracey
10 a.m.						<b>Cardio Kickboxing</b> Sarujen	<b>Zumba</b> Alina
5:00 p.m.	<b>New Class 4:30 p.m.!!</b> <b>Sweat &amp; Sculpt</b> Veronica	<b>Yoga</b> Dolly (Lounge 2)	<b>Dance Fusion</b> Jeries				
6 p.m.	<b>Dance Fusion</b> Jeries	<b>BollyX</b> Dolly (Lounge 2)	<b>Complete Body Tone</b> Jeries				
7 p.m.		<b>Fusion Fit</b> Dolly (Lounge 2)					
8 p.m.			<b>Yoga</b> 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 and at Ray Twinney Recreation Centre in Lounges #1 & #2

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](http://newmarket.ca/schedules)

## Core Concepts

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

## 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.

## 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.

## 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. It's 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.

## Piyo

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

## 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.

## Fusion Fit

Challenge yourself to use your own body weight with a variety of movements to improve cardio, muscle strength, flexibility, balance and coordination. Various styles of movement include core on the floor, bootcamp, dance, yoga, Pilates, kickboxing and more! Yoga mat and running shoes required.