

Group Fitness Drop-In Schedule

Fall 2024



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

Magna Centre

Effective September 16, 2024. Subject to change at any time

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

Ray Twinney Recreation Complex

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7 a.m.		Pilates Deirdre					
8 a.m.							
9 a.m.		Yoga Eliza				Barre Andrea	Yoga Tracey
10 a.m.						Cardio Kickboxing Sarujen	Zumba Alina
5 p.m.		Yoga Dolly (Lounge 2)					
6 p.m.	Dance Fusion Jeries	Fusion Fit Dolly (Lounge 2)	Complete Body Tone Jeries	Zumba Charlene			
7 p.m.		Bolly X Dolly (Lounge 2)					
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.

Equipment Use & Things to Know

- Magna Classes take place in the Fitness Studio located on the upper level. RTRC classes take place in Lounge #1 & #2
- 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.

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.

No shows will not be refunded.