

Spring Group Fitness Schedule

Effective: April 14 - June 29, 2025

Monday	Class	Instructor
7:15 – 8:15 am	C Sunrise Yoga & Meditation (OA)	Tina
7:30 – 8:20 am	A Circuit Training	Nicky
8:30 – 9:20 am	A Interval Challenge	Cynthia/Donna
8:30 – 9:20 am	C Roll & Release (OA)	Tina
9:30 – 10:20 am	A Step & Strengthen	Kim
9:30 – 10:20 am	B Pump It Up	Donna
9:30 – 10:45 am	C Yoga - Hatha	Tina
10:30 – 11:20 am	A Fit Fusion 55+ (OA)	Heidi
10:30 – 11:00 am	B Cycle Fit 55+ (OA)	Kim
11:30 – 12:20 pm	C Pilates for Strong Bones (OA)	Heidi
12:00 – 12:50 pm	A Zumba Gold (OA)	Dawn
5:00 – 5:50 pm	C *New* Dynamic Pilates	Lauren
6:00 – 6:50 pm	A Total Barre	Donna
6:00 – 6:50 pm	B Pump It Up	Sandy
6:00 – 6:50 pm	C Yoga - Vinyasa	Tina
7:00 – 7:50 pm	A Zumba	Teresita
7:00 – 7:50 pm	B Total Muscle Challenge	Donna
7:00 – 7:50 pm	C Pilates	Karen
8:00 – 9:00 pm	C Sunset Yoga & Meditation (OA)	Tina

Tuesday	Class	Instructor
6:30 – 7:20 am	A Interval Pump	Sarah
7:30 – 8:20 am	B Cycle Fit	Kim
8:30 – 9:20 am	A Barre Sculpt	Dawna
8:30 – 9:20 am	B Total Muscle Challenge	Kim
8:30 – 9:20 am	C Yoga - Hatha	Tina
9:30 – 10:20 am	A Cardio Dance Kick	Dawna
9:30 – 10:20 am	B Cycle Pump	Kim
9:30 – 10:20 am	C Yoga - Gentle (OA)	Tina
10:30 – 11:20 am	A Barre & Balance (OA)	Tina
10:30 – 11:00 am	B *New* Dynamic Core	Kim
10:30 – 11:30 am	C Yoga - Yin (OA)	Dawna
11:30 – 12:20 pm	A Fit Fusion 55+ (OA)	Cindy
11:45 – 12:45 pm	C Chair Yoga (OA)	Tina
12:30 – 1:30 pm	A Nia (OA)	Carol
5:00 – 5:50 pm	C Yoga - Core & Restore	Laureen
6:00 – 6:50 pm	A Cardio Box	Donna
6:00 – 6:50 pm	C Pilates	Karen
7:00 – 7:50 pm	A Zumba	Stephanie
7:00 – 7:50 pm	B Cycle Pump	Lynda
7:00 – 8:00 pm	C Yoga - Gentle (OA)	Laureen
8:00 – 8:30 pm	B *New* Dynamic Core	Lynda

Wednesday	Class	Instructor
6:30 – 7:20 am	A Circuit Training	Salome
7:30 – 8:20 am	C Yoga - Vinyasa	Tina
8:30 – 9:20 am	A Interval Pump	Dawna
8:30 – 9:20 am	C *New* Dynamic Pilates	Tina
9:30 – 10:20 am	A Barre Sculpt	Dawna
9:30 – 10:45 am	C Yoga - Hatha	Tina
9:45 – 10:35 am	B Cycle Pump	Cindy
10:30 – 11:20 am	A Fit Fusion 55+ (OA)	Dawna
11:30 – 12:20 pm	C Yoga 55+ (OA)	Dawna
12:45 – 1:45pm	C Chair Yoga (OA)	Laureen
5:00 – 5:50 pm	B Pump It Up	Aleya
6:00 – 6:50 pm	A Circuit Training	Stephanie
6:00 – 6:50 pm	B Rhythm Cycle	Aleya
6:00 – 6:50 pm	C *New* Yoga - Vinyasa	Tina
7:00 – 7:50 pm	A Socacize	Aleya
7:00 – 8:00 pm	C Sunset Yoga & Meditation (OA)	Tina

Thursday	Class	Instructor
7:30 – 8:20 am	A Interval Challenge	Nicky
8:30 – 9:20 am	A Step & Strengthen	Kim
8:30 – 9:20 am	C Yoga - Gentle (OA)	Tina
9:30 – 10:20 am	A Fit Fusion 55+ (OA)	Heidi
9:30 – 10:20 am	B Pump It Up	Kim
9:30 – 10:20 am	C Pilates	Tina
10:30 – 11:20 am	A Stretch & Strengthen (OA)	Heidi
10:30 – 11:30 am	C Chair Yoga (OA)	Tina
10:30 – 11:00 am	B Cycle Fit 55+ (OA)	Lynda
11:45 – 12:35 pm	B Chair Fit (OA)	Heidi
5:00 – 5:50 pm	C Roll & Release	Tina
6:00 – 6:50 pm	A Circuit Training	Donna
6:00 – 6:50 pm	B Pump It Up	Sandy S.
6:00 – 6:50 pm	C Yoga – Yin (OA)	Tina
7:00 – 7:50 pm	A Zumba	Jody
7:00 – 7:50 pm	B *New* Rhythm Cycle	Sandy H.

Friday	Class	Instructor
6:30 – 7:20 am	A Interval Pump	Sandy S.
7:15 – 8:15 am	C Sunrise Yoga & Meditation (OA)	Tina
8:30 – 9:20 am	A Cardio Dance Kick	Dawna
8:30 – 9:20 am	B Pump It Up	Lynda
8:30 – 9:20 am	C Yoga - Core & Restore	Tina
9:30 – 10:20 am	A Interval Challenge	Heidi
9:30 – 10:20 am	B Cycle Fit	Lynda
9:30 – 10:20 am	C Yoga 55+ (OA)	Dawna
10:30 – 11:20 am	A Stretch & Strengthen (OA)	Heidi
10:30 – 11:30 am	C Yoga Nidra (OA)	Dawna
6:00 – 6:50 pm	C Yoga - Gentle (OA)	Tina

Saturday	Class	Instructor
7:30 – 8:20 am	B *New* Cycle Fit – Skills & Drills	Sandy S.
8:30 – 9:20 am	B Cycle Fit	Sandy S.
8:30 – 9:20 am	C Yoga - Vinyasa	Tina
9:30 – 10:20 am	B Total Muscle Challenge	Nicky
9:30 – 10:45 am	C Yoga - Asana, Pranayama, Meditation	Tina
10:30 – 11:20 am	A Zumba	Stephanie
10:30 – 11:00 am	B Dynamic Core	Nicky

Sunday	Class	Instructor
8:30 – 9:20 am	A Cardio Dance Fit	Linda
8:30 – 9:20 am	B Total Muscle Challenge	Michelle
9:30 – 10:20 am	B Cycle Pump	Sarah
9:30 – 10:20 am	C Yoga – Gentle (OA)	Linda

Class Legend
OA Older Adult appropriate class

Group Fitness Drop- In Rates*	Non-Member
Membership Classes up to 60 min	\$13.50
Membership Classes 75 min	\$15.50

* Except Pilates Reformer courses & Family programs. Only for Registered Group Fitness Programs scheduled at CHDRC

Our fitness classes offer something for everyone. Each instructor will do their best to provide variations in movements and demonstrate different levels of intensity to ensure that your class is achievable and fun.

We strongly encourage you to participate at your own pace.

The City of Pickering Fitness Department reserves the right to change schedules, instructors or classes as needed without compensation or notice. Modified schedule during holidays, professional development days and maintenance

Closure Dates

April 18
April 21
May 19



**CHESTNUT HILL
DEVELOPMENTS**
RECREATION COMPLEX

Hours of Operation
Monday-Friday 6am-11pm
Sat-Sun 7am-7pm

1867 Valley Farm Road
Pickering ON, L1V 3Y7
905.683.6582
pickering.ca/fit

City of
PICKERING