



January 2026 Fitness Schedule

Weekdays: 6:00 A.M. - 9:00 P.M.
Weekends: 8:00 A.M. - 6:00 P.M.
Phone: 905-648-4571

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 a.m.					Pilates Fusion Tammy VIRTUAL ONLY		
8:15 a.m.	Body Blast Donna IN PERSON AND VIRTUAL Loft	Essentrics: Barre & Stretch Pat IN PERSON AND VIRTUAL Loft	Burn Fat & Tone Up HIIT Tom IN PERSON AND VIRTUAL Studio	Pilates Fusion Kathy IN PERSON AND VIRTUAL Loft	Body Blast Kathy IN PERSON AND VIRTUAL Loft	Zumba Victoria IN PERSON AND VIRTUAL Studio	
9:15 a.m.	Barre & Pilates Pat IN PERSON AND VIRTUAL Loft	DanceFit Pat IN PERSON AND VIRTUAL Loft	Essentrics Pat IN PERSON AND VIRTUAL Studio	Spin Joanne IN PERSON ONLY Loft	New Class! New Time! Core & Mobility Scott Loft	Essentrics Pat IN PERSON AND VIRTUAL Loft	Group Strength Kathy IN PERSON AND VIRTUAL Loft
10:15 a.m.	Essentrics Pat IN PERSON AND VIRTUAL Loft						
10:30 a.m.				NEW DAY! Zumba IN PERSON AND VIRTUAL Studio		Barre- Strong & Centered Julia Loft	
5:30 p.m.				Core & Mobility Scott Studio			
6:00 p.m.	Spin 30 Minutes Kathy IN PERSON Only Loft	Pilates Fusion Dawn Loft	Spin 30 Minutes Tiina IN PERSON ONLY Loft	Total Body HIIT Circuit Brianna Loft			
6:30 p.m.	Step Heather C. IN PERSON Only Studio	Body Blast Kathy IN PERSON Only Loft	Group Strength Tiina Loft				

Hurting? We Can Help!
Book your PHYSIOTHERAPY CONSULT TODAY
Let us help you with your injuries so you can live your best life!
Call (905) 648-4571 or ask our staff how to get started.



January 2026 Yoga Schedule

Weekdays: 6:00 A.M. - 9:00 P.M.
Weekends: 8:00 A.M. - 6:00 P.M.
Phone: 905-648-4571

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM		7AM: Rise and Shine Yoga Pamela VIRTUAL ONLY		7AM: Rise & Shine Yoga Jackee VIRTUAL ONLY			
9:15 AM	Yoga Flow All Levels Jackee VIRTUAL ONLY	Yoga Flow All Levels Norma IN PERSON AND VIRTUAL			Yin Yoga Pamela IN PERSON AND VIRTUAL	Yoga Flow Heather B IN PERSON AND VIRTUAL	9:00 am Stretch and Strengthen All Levels Jackee IN PERSON AND VIRTUAL
9:30 AM	Yoga Flow All Levels Caitlin IN PERSON ONLY			Yoga Flow All Levels Dawn IN PERSON AND VIRTUAL			
10:30 AM			Yoga Flow All Levels Caleb IN PERSON AND VIRTUAL		Yoga Flow All Levels Caitlin IN PERSON AND VIRTUAL		Yoga Flow All Levels Jackee IN PERSON AND VIRTUAL
11:35 AM			11:35 am Guided Meditation Caleb IN PERSON AND VIRTUAL				
12:00 PM							
5:45 PM					<p>Dance Contemporary Winter Session with Julia Garlisi January 14th-April 4th Wednesday 5:45pm-6:45pm \$180 for 12 Weeks</p>		
6:00 PM		Stretch & Strengthen Level- Moderate New Teacher!- Caleb IN PERSON AND VIRTUAL					
7:00 PM		Vinyasa Flow Level Challenging New Teacher!- Caleb IN PERSON AND VIRTUAL	Yin Yoga Level Gentle Pamela IN PERSON AND VIRTUAL	Yoga Flow All Levels Amanda IN PERSON AND VIRTUAL			
8:00 PM	Candlelight Slow Flow Yoga Level-Moderate Caleb IN PERSON						

DON'T LET PAIN HOLD YOU BACK!

Ask us about PHYSIOTHERAPY

Let us help you live your best life! Ask our Front Desk staff how to get started.