



July 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 AM						Pilates Fusion Tammy ONLINE ONLY		
8:15 AM	Body Blast Donna IN PERSON AND ONLINE Loft	Essentrics: Barre & Stretch Pat IN PERSON AND ONLINE Loft	Burn Fat & Tone Up HIIT Tom IN PERSON AND ONLINE Studio		Pilates Fusion Kathy IN PERSON AND ONLINE Loft	Body Blast Kathy IN PERSON AND ONLINE Loft	Zumba Victoria IN PERSON AND ONLINE Studio	
9:15 AM	Barre & Pilates Pat IN PERSON AND ONLINE Loft	DanceFit Pat IN PERSON AND ONLINE Loft	Essentrics Pat IN PERSON AND ONLINE Studio	Spin Kathy IN PERSON ONLY Loft	Core & Mobility Scott IN PERSON ONLY Loft	Essentrics: Stretch & Tone Pat IN PERSON AND ONLINE Loft		Group Strength Tiina IN PERSON AND ONLINE Loft
10:15 AM	Essentrics: Stretch & Tone Pat IN PERSON AND ONLINE Loft							
10:30 AM					Zumba Casey IN PERSON AND ONLINE Studio		Barre Strong & Centered Julia IN PERSON ONLY Loft	
11:00 AM						July Events: July 1 - Canada Day! Open 8am to 1pm. No classes. Enjoy your holiday! July 9 - Guys Night happening between 8 and 10pm July 18 - 2-3pm Pilates and Play. If you have kids or grandkids, Dawn will teach Barre/Pilates in the loft and Georgia will entertain the kids in the studio with crafts and games. \$35, members 10% off		
5:30 PM		Core & Mobility Scott IN PERSON ONLY Loft						
6:00 PM	Spin 30 Minutes Kathy IN PERSON ONLY Loft		Spin 30 Minutes Tiina IN PERSON ONLY Loft		Total Body HIIT Circuit Brianna IN PERSON ONLY Loft			
6:30 PM	Body Blast Kathy IN PERSON ONLY Loft	Pilates Fusion Dawn IN PERSON ONLY Loft	Group Strength Tiina IN PERSON ONLY 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.



July 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		Rise & Shine Yoga Pamela ONLINE ONLY		Rise & Shine Yoga Jackee ONLINE ONLY			
9:15 AM	Yoga Flow All Levels Jackee ONLINE ONLY	Yoga Flow All Levels Effie IN PERSON AND ONLINE		Yoga Flow All Levels Dawn IN PERSON AND ONLINE	Yin Yoga Pamela IN PERSON AND ONLINE	Yoga Flow Levels 1-2 Heather B IN PERSON AND ONLINE	9AM Stretch & Strengthen All Levels Jackee IN PERSON AND ONLINE
9:30 AM	Yoga Flow All Levels Caitlin IN PERSON ONLY						
10:30 AM			Yoga Flow All Levels Caleb IN PERSON AND ONLINE		Yoga Flow All Levels Caitlin IN PERSON AND ONLINE		Yoga Flow All Levels Jackee IN PERSON AND ONLINE
11:30 AM			Meditation For Everyone Caleb IN PERSON AND ONLINE				
12:00 PM							
5:45 PM			Dance Contemporary 7 week session w/Julia starts July 8 Drop in \$15/ \$105 for 7. All are Welcome!		July Events: July 1 - Canada Day! Open 8am to 1pm. No classes. Enjoy your holiday! July 9 - Guys Night happening between 8 and 10pm July 18 - 2-3pm Pilates and Play. If you have kids or grandkids, Dawn will teach Barre/Pilates in the loft and Georgia will entertain the kids in the studio with crafts and games. \$35, members 10% off		
6:00 PM	NEW! 6:30-7:30pm Alignment Project Caleb IN PERSON ONLY	Yoga: Stretch & Strengthen All Levels Caleb IN PERSON AND ONLINE					
7:00 PM		Vinyasa Flow Level 2: Challenging Caleb IN PERSON AND ONLINE	Yin Yoga Level: Gentle Amanda IN PERSON AND ONLINE	Yoga Flow All Levels Amanda IN PERSON AND ONLINE			
8:00 PM							

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.