



May 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 Kathy 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					May Events: May 4 - 8 week Yoga Class w/ Caleb on Mondays 6:30pm The Alignment Project May 6 - 8 week Contemporary Dance w/Julia Wednesday at 5:45pm. May 8-10 Bring your mom or your kids FREE for Mother's Day! May 16 - Workshop, Awakening the Spine 2-4pm \$49, 10% discount for members May 18 - Victoria Day Open from 6am-6pm No classes. May 22 - Dare to Tri Ancaster High blocking west side of Jerseyville Rd 9am-3pm May 23 - 24 -PARKING/TRAFFIC issues due to Sulphur Springs Trail Race June 10 - Workshop Rotational Power for Golf & Tennis w/ Scott 2-4pm \$89, mbr discount		
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 IN PERSON ONLY Loft			
6:30 PM	Step Heather C. IN PERSON ONLY Studio	Body Blast Kathy IN PERSON ONLY Loft	Pilates Fusion Brianna 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.



May 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 Heather B IN PERSON AND ONLINE	
11:30 AM			Meditation For Everyone Caleb IN PERSON AND ONLINE					
12:00 PM								
5:45 PM			Dance Contemporary 8 week session w/Julia starts May 6 Drop in \$15/ \$120 for 8. All are Welcome!					
6:00 PM	NEW! 6:30-7:30pm Alignment Project Caleb IN PERSON ONLY	Yoga: Stretch & Strengthen All Levels Caleb IN PERSON AND ONLINE				May Events: May 4 - 8 week Yoga Class w/ Caleb on Mondays 6:30pm The Alignment Project May 6 - 8 week Contemporary Dance w/Julia Wednesday at 5:45pm. May 8-10 Bring your mom or your kids FREE for Mother's Day! May 16 - Workshop, Awakening the Spine 2-4pm \$49, 10% discount for members May 18 - Victoria Day Open from 6am-6pm No classes. May 22 - Dare to Tri Ancaster High blocking west side of Jerseyville Rd 9am-3pm May 23 - 24 -PARKING/TRAFFIC issues due to Sulphur Springs Trail Race June 10 - Workshop Rotational Power for Golf & Tennis w/ Scott 2-4pm \$89, mbr discount		
7:00 PM		Vinyasa Flow Level 2: Challenging Caleb IN PERSON AND ONLINE	Yin Yoga Level: Gentle Pamela IN PERSON AND ONLINE	Yoga Flow All Levels Amanda IN PERSON AND ONLINE				
8:00 PM	Slow Flow Yoga Level: Moderate Caleb IN PERSON ONLY							

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.