



# March 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 ONLINE ONLY		
8:15 a.m.	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 a.m.	Barre & Pilates Pat IN PERSON AND ONLINE Loft	DanceFit Pat IN PERSON AND ONLINE Loft	Essentrics Pat IN PERSON AND ONLINE Studio	Spin Joanne IN PERSON ONLY Loft	Core & Mobility Scott IN PERSON ONLY Loft	Essentrics Pat IN PERSON AND ONLINE Loft	Group Strength Kathy IN PERSON AND ONLINE Loft
10:15 a.m.	Essentrics Pat IN PERSON AND ONLINE Loft						
10:30 a.m.				Zumba Casey IN PERSON AND ONLINE Studio		Barre- Strong & Centered Julia IN PERSON ONLY Loft	
5:30 p.m.		Core & Mobility Scott IN PERSON ONLY Loft					
6:00 p.m.	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 p.m.	Step Heather C. IN PERSON ONLY Studio	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.



# March 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 <b>ONLINE ONLY</b>		7AM: Rise & Shine Yoga Jackee <b>ONLINE ONLY</b>			
9:15 AM	Yoga Flow All Levels Jackee <b>ONLINE ONLY</b>	Yoga Flow All Levels Norma <b>IN PERSON AND ONLINE</b>		Yoga Flow All Levels Dawn <b>IN PERSON AND ONLINE</b>	Yin Yoga Pamela <b>IN PERSON AND ONLINE</b>	Yoga Flow Heather B <b>IN PERSON AND ONLINE</b>	9:00 am Stretch and Strengthen All Levels Jackee <b>IN PERSON AND ONLINE</b>
9:30 AM	Yoga Flow All Levels Caitlin <b>IN PERSON ONLY</b>						
10:30 AM			Yoga Flow All Levels Caleb <b>IN PERSON AND ONLINE</b>		Yoga Flow All Levels Caitlin <b>IN PERSON AND ONLINE</b>		Yoga Flow All Levels Jackee <b>IN PERSON AND ONLINE</b>
11:35 AM			11:35 am Guided Meditation Caleb <b>IN PERSON AND ONLINE</b>				
12:00 PM							
5:45 PM					<p style="text-align: center;"><b>Dance Contemporary Winter Session</b> with Julia Garlisi January 14th-April 4th Wednesday 5:45pm-6:45pm \$180 for 12 Weeks</p>		
6:00 PM		Stretch & Strengthen Level- Moderate Caleb <b>IN PERSON AND ONLINE</b>					
7:00 PM		Vinyasa Flow Level Challenging Caleb <b>IN PERSON AND ONLINE</b>	Yin Yoga Level Gentle Pamela <b>IN PERSON AND ONLINE</b>	Yoga Flow All Levels Amanda <b>IN PERSON AND ONLINE</b>			
8:00 PM	Candlelight Slow Flow Yoga Level-Moderate Caleb <b>IN PERSON ONLY</b>						

**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.