

Group Fitness Drop-In Schedule

Winter 2026



For the most up-to-date closures and cancellations please visit newmarket.ca/schedules

Magna Centre

	Monday	Tuesday	Wednesday	Thursday	Friday	Effective January 5, 2026. Subject to change at any time	Saturday	Sunday
7:30 a.m.		Sweat & Sculpt Veronica	New Class!! Pilates Veronica		New Class!! Sweat & Sculpt Veronica			
8:45 a.m.	Yoga Dolly	Core Concepts Gwynne		Zumba Toning Karina	Stretch & Tone (16+) Gwynne	PIYO Marcela	Total Body Conditioning Marcela	
9:45 a.m.	BollyX Dolly	Stretch & Tone (16+) Gwynne	Yoga Laura S.	Muscle Sculpt (16+) Jaye	Zumba Karina	Muscle Sculpt (16+) Marcela	Muscle Sculpt (16+) Marcela	
10:45 a.m.	Fusion Fit Dolly	Pilates Laura S.	Core Concepts Gwynne	BollyX Dolly	Pilates Deirdre	Yoga Tracey		
11:45 a.m.		New Class! Muscle Sculpt (16+) Laura	Stretch & Tone (16+) Gwynne	Yoga Dolly			Restorative Yoga Eliza	
4:45 p.m.	Stretch & Tone (16+) Gwynne		Pilates Laura S.	360 Fitness Gwynne	Restorative Yoga Eliza			
5:45 p.m.	Zumba Karina	PIYO Marcela	Muscle Sculpt (16+) Laura S.	Fusion Fit Dolly				
6:45 p.m.	Pilates (7 p.m.) Melanie	Zumba Karina	Total Body Conditioning Marcela	BollyX Dolly	Zumba Charlene			
7:45 p.m.		Hatha Yoga Melanie		Yoga Melanie				

Ray Twinney Recreation Complex

	Monday	Tuesday	Wednesday	Thursday	Friday	Effective January 5, 2026. Subject to change at any time	Saturday	Sunday
7 a.m.								
8 a.m.						Barre (8:15 a.m.) Andrea		
9 a.m.		Restorative Yoga Eliza						Yoga Tracey
10 a.m.		Zumba Toning (10:30 a.m.) Karina				Cardio Kickboxing Sarujen		Zumba Charlene
5 p.m.	Sweat & Sculpt (4:30 p.m.) Veronica							
6 p.m.	New Class!! 360 Fitness (5:30 p.m.) Tima		New Class!! Qi Gong Mukin					
7 p.m.	New Class!! Core Concepts (6:30 p.m.) Tima		Barre Andrea	Yoga (7:30 p.m.) Kristiina				
8 p.m.			Yoga Tanvi					

ALL Group Fitness Class will be available for pre-registration through Xplor Recreation.

Reservations are not required for participation to classes, however, strongly recommended that participants register online in advance as all classes are first-come, first-served.
Walk-in's are available where space permits.

Important Information:

- Classes take place at Magna in the Fitness Studio located on the upper level
- Ray Twinney Recreation Centre in Lounge #1
- Check in closes for each class 5 minutes after the start time of the class.

No Show Fee Policy:

The Town of Newmarket charges a \$10 no-show fee for pre-registered drop-in programs if a participant fails to attend. Withdrawals for any pre-registered drop in program can occur up to the start of your program. Withdrawals can be completed online through your Xplor Account or by calling our Customer Service Kiosk at 905-953-5303.
No shows will not be refunded.

Group Fitness Class Descriptions

newmarket.ca/schedules

360 Fitness

This full body energetic circuit style class alternates between using different muscle groups with minimal rest to build strength.

Barre

This class will shape, tone, and strengthen the body as it combines the principles of Pilates, yoga, and dance. This class uses the weighted bar, Pilates ball, bands and dumbbells.

BollyX®

A Bollywood-inspired dance-fitness program that combines dynamic choreography with the hottest music from around the world. It's a cardio class with dance sequences to get you moving, sweating, and smiling.

Cardio Dance Fusion

This type of fitness dance class is a low impact workout designed to promote overall flexibility, mobility, strengthening and toning techniques for the core & hips.

Complete Body Tone

Designed to slow down, and focus on technique & isolation. You will condition, strengthen and tone the largest muscle groups while giving the smaller muscle groups attention through isolation and target focused exercises.

Core Concepts

This gentle class, using various resistance devices and body weight focus on the core.

Fusion Fit

Challenge yourself to use your own body weight with a variety of movements to

improve cardio, muscle strength, flexibility, balance and coordination. Various styles of movement include core on the floor, bootcamp, dance, yoga, Pilates, kickboxing and more! Yoga mat and running shoes required.

Muscle Sculpt

Strength training class that uses barbells, dumbbells and body weight to create muscle definition and build strength. Each body part will be worked separately.

Pilates

A strong core equals a strong back! In this core focused class, participants will be guided through a series of exercises to tone and strengthen the core while balancing strength and flexibility of all muscle groups.

Piyo

This class combines the muscle sculpting, core firming benefits of Pilates and the strength and flexibility of a yoga class.

Qi Gong

Qi Gong blends breath, flowing motions, and stillness to help you feel balanced and revitalized. In this Five-Element-inspired program, you'll learn simple exercises that support organ health, ease tension, improve balance, and nurture a grounded sense of well-being. Suitable for all fitness levels.

Restorative Yoga

A slow paced practice focused on long holds, stillness, & deep breathing. Yoga props are used to encourage the body to relax, and help soothe the nervous system.

Stretch & Tone

Strengthen and tone your muscles to improve your quality of life. Finish with a lengthy stretch. Lightweight equipment will be used.

Sweat & Sculpt

A full-body-based workout using a variety of weights that covers muscle conditioning, cardio, intervals, core and more!

Total Body Conditioning

This dynamic strength-based class targets your whole body while using various equipment to consistently challenge your muscles. With fun music and high energy, you condition, strengthen and tone all muscle groups in this class.

Yoga

This class focuses on building strength, reducing stress, and increasing mental clarity while linking movement to breathing.

Yoga Power

Participants will move through fast-paced Yoga sequences, with awareness of proper alignment, providing an opportunity to increase stamina while ensuring body awareness. Get ready to sweat and feel great!

Zumba®

With a hint of Latin flavour and easy-to-follow steps you will be dancing the class away in no time!