

Winter fitness class drop-in schedule

Effective Jan. 6 to March 31, 2025

All dates, times and prices are subject to change without notice.

Last updated on Dec. 19

Monday

Yoga: Hatha

7:45 a.m. – 8:45 a.m. | MURC

Zumba Gold

9:30 a.m. – 10:30 a.m. | MURC

55+ Friendly Yoga - Level 1

10 a.m. – 11 a.m. | GIP - Gym

Tai Chi

10 a.m. – 11 a.m. | GIP - Hall

Ageless Grace *New*

10:30 a.m. – 11:15 a.m.

PLH - Seniors Room

Stroller Fit

11 a.m. – noon | MURC

Lunch fitness stretch

12:15 p.m. – 1 p.m. | MURC

Wellness Workout

1:30 p.m. – 2:30 p.m. | GIP - Gym

Open studio time

2:30 p.m. – 4 p.m. | MURC

Barre fitness

4:15 p.m. – 5 p.m. | MURC

Yogalates

5:15 p.m. – 6 p.m. | MURC

Nia *New*

6:30 p.m. – 7:30 p.m. | DLS - Chapel

Yoga - flow

7 p.m. – 8 p.m. | KIN

Yoga: slow flow

7:30 p.m. – 8:30 p.m. | MURC

Tuesday

Zumba

7 a.m. – 8 a.m. | MURC

Functional Fitness

9 a.m. – 10 a.m. | MURC

Tai Chi

10 a.m. – 11 a.m. | GIP - Hall

Stroller fit

11 a.m. – noon | MURC

Lunch fitness stretch

12:15 p.m. – 1 p.m. | MURC

Zumba Toning

1:30 p.m. – 2:30 p.m. | MURC

Open studio time

2:30 p.m. – 4 p.m. | MURC

TRX Suspension Training

7:15 p.m. – 8:15 p.m. | GIP - Gym

Yoga - flow

7:45 p.m. – 8:45 p.m. | MURC

Wednesday

Zumba Gold

9:30 a.m. – 10:30 a.m. | MURC

55+ Friendly Yoga - Level 1

10 a.m. – 11 a.m. | GIP - Gym

Tai Chi

10 a.m. – 11 a.m. | GIP - Hall

Chair Yoga *New*

10 a.m. – 11 a.m. | PHL - Seniors Room

Baby and Me Yoga

11 a.m. – noon | MURC

55+ Friendly Yoga - Level 2

11:15 a.m. – 12:15 p.m. | GIP - Gym

Ageless Grace *New*

11:15 a.m. – noon | GSA - Hall

Lunch fitness stretch

12:15 p.m. – 1 p.m. | MURC

Chair Yoga

1:30 p.m. – 2:30 p.m. | MURC

Nia *New*

1:30 p.m. – 2:30 p.m. | GIP - Hall

Open studio time

2:30 p.m. – 4 p.m. | MURC

Zumba

6:30 p.m. – 7:30 p.m. | MURC

Thursday

Yogalates

6:30 a.m. – 7:15 a.m. | MURC

Steps/CT Training

8:45 a.m. – 9:45 a.m. | MURC

Zumba Gold

9:30 a.m. – 10:30 a.m. | C55K

Yoga - QiGong

10 a.m. – 11 a.m. | MURC

Tai Chi

10 a.m. – 11 a.m. | GIP - Hall

Dance Yoga

11 a.m. – noon | C55K

Stroller fit

11:15 a.m. – 12:15 p.m. | MURC

Lunch fitness stretch

12:15 p.m. – 1 p.m. | MURC

Tai Chi

1 p.m. – 2 p.m. | MURC

Functional Fitness

1:30 p.m. – 2:30 p.m. | GIP

Open studio time

2:30 p.m. – 4 p.m. | MURC

HIIT (High-intensity interval training)

6:30 p.m. – 7:30 p.m. | MURC

Pilates

7:45 p.m. – 8:30 p.m. | MURC

Friday

HIIT (High-intensity interval training)

7 a.m. – 8 a.m. | MURC

Zumba step

8:15 a.m. – 9:15 a.m. | MURC

Fit flow

9:30 a.m. – 10:30 a.m. | MURC

Tai Chi

10 a.m. – 11 a.m. | GIP - Hall

Baby and Me Yoga

11 a.m. – noon | MURC

Ageless Grace *New*

11:15 a.m. – noon | GIP - Hall

Lunch fitness stretch

12:15 p.m. – 1 p.m. | MURC

Nia *New*

1:30 p.m. – 2:30 p.m. | PLH - Hall

Chair Yoga *New*

1:30 p.m. – 2:30 p.m. | GSA - Hall

Open studio time

2:30 p.m. – 4 p.m. | MURC

Saturday

Yoga - Vinyasa

8 a.m. – 9 a.m. | MURC

Zumba Toning

8 a.m. – 9 a.m. | GIP - GYM

Balance Ball Fitness

9:15 a.m. – 10:15 a.m. | GIP - GYM

Pilates

9:30 a.m. – 10:15 a.m. | MURC

Sunday

Pilates

10:30 a.m. – 11:15 a.m. | MURC

Legend

C55K: Club 55 Keswick

DLS: De La Salle

GIP: Georgina Ice Palace

GSA: Georgina Sutton Arena

KIN: Kin Community Hall

MPR: Multi-Purpose Room

MURC: Multi-Use Recreation Complex

PLH: Pepperlaw Lion's Hall



Check out all drop-in schedules or visit georgina.ca/dropin.

