

# Modified Fitness Schedule

## Friday, February 28

Time	Studio	Class	Instructor
6:30 – 7:20 am	A	Interval Pump	Sandy
7:15 – 8:15 am	C	Sunrise Yoga & Med	Tina
8:30 – 9:20 am	B	Pump it up	Kim
8:30 – 9:20 am	C	Pilates	Shyista
9:30 – 10:20 am	A	Interval Challenge	Kim O
9:30 – 10:20 am	B	Cycle Fit	Kim B
9:30 -10:45 am	C	Pilates 55+	Shyista
10:30-11:20 am	A	Stretch & Strengthen	Lori
10:30-11:20 am	C	Pilates for Strong Bones (OA)	Shyista
6:00 – 6:50 pm	C	Yoga – Gentle (OA)	Tina

### Class Legend

OA Older Adult appropriate class

### Group Fitness Drop- In Rates

**Non-Member**

**Membership Classes up to 60 min**

\$13.50

**Membership Classes 75 min**

\$15.50



**CHESTNUT HILL  
DEVELOPMENTS**  
RECREATION COMPLEX

905.683.6582  
[pickering.ca/fit](http://pickering.ca/fit)