

Summer fitness class drop-in schedule

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

Monday

Yoga: Hatha

7:45 a.m. – 8:45 a.m.

MURC

Zumba Gold

9:30 a.m. – 10:30 a.m.

MURC

Yoga: 55+ friendly (level 1)

10 a.m. – 11 a.m.

GIP – MPR

Lunch fitness stretch

12:15 p.m. – 1 p.m. | MURC

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

Start July 15

Yoga flow

7 p.m. – 8 p.m. | Kin hall

Yoga: slow flow

7:30 p.m. – 8:30 p.m.

MURC

Tuesday

Zumba

7 a.m. – 8 a.m. | MURC

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

Yoga: 55+ friendly (level 1)

10 a.m. – 11 a.m.

GIP – MPR

Yoga: 55+ friendly (level 2)

11:15 a.m. – 12:15 p.m.

GIP – MPR

Lunch fitness stretch

12:15 p.m. – 1 p.m. | MURC

Open studio time

2:30 p.m. – 4 p.m. | MURC

Zumba

6:30 p.m. – 7:30 p.m. | MURC

Thursday

Yogalates

8:30 a.m. – 9:15 a.m. | MURC

Zumba Gold

9:30 a.m. – 10:30 a.m.

SLT

Yoga - QiGong

10 a.m. – 11 a.m. | MURC

Dance Yoga

11 a.m. – noon | SLT

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

Open studio time

2:30 p.m. – 4 p.m. | MURC

Pilates

6:30 p.m. – 7:30 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. – 10:15 a.m.

MURC

Lunch fitness stretch

12:15 p.m. – 1 p.m. | MURC

Open studio time

2:30 p.m. – 4 p.m. | MURC

Saturday

Yoga - Vinyasa

8 a.m. – 9 a.m. | MURC

Zumba Toning

8:30 a.m. – 9:30 a.m.

GIP - Hall

Pilates

9:30 a.m. – 10:15 a.m. MURC

Legend

GIP: Georgina Ice Palace

KIN: Kin Community Hall

MPR: Multi-Purpose Room

MURC: Multi Use Recreation
Complex

SLT: Stephen Leacock Theatre



GEORGINA

Scan to check out all drop-in schedules or,
visit georgina.ca/dropin.

