



Fitness Class Fall 2026 Drop-In Schedule

RichmondHill.ca/Fitness

September 8, 2026 – January 3, 2027

LOCATION	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BAYVIEW HILL COMMUNITY CENTRE *Registration is required	Boot Camp 9:30 – 10:30 a.m. Mihaela NEW Pilates* 10:45 – 11:45 a.m. Mihaela		Dancercise 9:30 – 10:30 a.m. Arie	Zumba* 6:45 – 7:45 p.m. Tatiana Yin Yoga* 8 – 8:45 p.m. Tatiana	Boot Camp 9:30 – 10:30 a.m. Barb Tabata 6:30 – 7:30 p.m. Joanne	Sculpt & Tone 9:30 – 10:30 a.m. Dinah	Step 9:30 – 10:30 a.m. Joanne/Hong
ED SACKFIELD FITNESS CENTRE AND INDOOR TRACK *Registration is required	Tai-Chi 7:30 – 9 a.m. David Yoga* 9:30 – 10:30 a.m. Tatiana Family Yoga* 10:45 – 11:45 a.m. Tatiana	Tai-Chi 7 – 9 a.m. David ABC'S 9:30– 10:30 a.m. Barb Dance & Burn 12:20 – 1 p.m. Farnoush Pilates* 7 – 8 p.m. June	Tai-Chi 7 – 9 a.m. David Body Blast 9:30 – 10:30 a.m. Dinah CycleFit 6:30 – 7:20 p.m. Linda Yoga* 6:30 – 7:30 p.m. Tatiana	Tai-Chi 7 – 9 a.m. David Interval Insanity 9:30 – 10:30 a.m. Barb Pilates* 12 – 1 p.m. Hanna CycleFit 6:30 – 7:20 p.m. Joanne Gentle Yoga* 7:30 – 8:30 p.m. Hanna	Tai-Chi 7 – 9 a.m. David Yoga* 9:30– 10:30 a.m. Tatiana CycleFit 6:30 – 7:20 p.m. Linda Pilates* 7 – 8 p.m. Hanna		Tai-Chi 7:30 – 9 a.m. David Pilates* 9:30– 10:30 a.m. Barb Yoga* 10:30– 11:30 a.m. Barb
ELGIN WEST COMMUNITY CENTRE No Piloga Dec 21, 23, 28, 30 *Registration is required		Piloga 8:30 – 9:30 a.m. Tatiana Tabata 7 – 8 p.m. Liz	Boot Camp 6:20 – 7:20 p.m. Liz	Piloga 8:30 – 9:30 a.m. Tatiana Pilates* 9:45 – 10:45 a.m. Hanna			Piloga Fusion 9 – 10 a.m. Tatiana
OAK RIDGES COMMUNITY CENTRE No Body Blast: December 24 and 31	Body Blast 9:15 – 10:15 a.m. Farnoush	Dancercise 9:30 – 10:30 a.m. Arie/Farnoush Body Blast 6:15 – 7:15 p.m. Debbie Interval Insanity 7:30 – 8:30 p.m. Jill	Boot Camp 9:30 – 10:30 a.m. Debbie CycleFit 6 – 6:50 p.m. Debbie Abs, Butt & Thighs 7 – 8 p.m. Debbie	CycleFit 8:30 – 9:15 a.m. Debbie Interval Insanity 9:30 – 10:30 a.m. Hilda Sculpt & Tone 6:45 – 7:45 p.m. Katsia Dancercise 8 – 9 p.m. Farnoush	NEW Body Blast 8:15 – 9:15 a.m. Debbie Body Blast 9:30 – 10:30 a.m. Debbie CycleFit 6 – 6:50 p.m. Monick Boot Camp 7:30 – 8:30 p.m. Jill	Boot Camp 9:30 – 10:30 a.m. Mauricio Body Blast 7:15 – 8:15 p.m. Katsia	Sculpt & Tone 8:15 – 9:15 a.m. Karen Piloga 9:30 – 10:30 a.m. Karen

Closures: Monday, September 7 – Labour Day, Friday, October 12 – Thanksgiving, Thursday, December 24 – Christmas Eve, after 4 p.m., Friday December 25 – Christmas Day, Friday December 26 – Boxing Day, Thursday, December 31 – New Year's Eve, after 4 p.m., Friday January 1 – New Year's Day

Updated August 20, 2026

Fitness Class Descriptions

ABC'S This class includes a mix of Abs, Balance, Cardio and Stretching. It will focus on strengthening your muscles and maintaining stability with core and balance exercises. It is suitable for all ages and fitness levels.

Abs, Butt & Thighs Get fit, toned, and have fun! This class features exercises to help you condition your abdominal and gluteal muscles, along with your inner and outer thighs. Come in, work out, and transform your body!

Body Blast Experience whole body conditioning! This dynamic conditioning and cardio workout will challenge your every muscle by incorporating different exercise tools and techniques into one great workout.

Boot Camp We don't call it boot camp for nothing! Come test your endurance and resistance with this fat-burning class! The combination of muscular strengthening and intense cardiovascular conditioning provides a great overall body workout. You'll get into shape before you know it.

CycleFit Get the benefits of cycling without leaving the gym! This cycle class offers a great workout, simulating flat road riding, hill climbing, and interval sprints, for total body conditioning. Come enjoy the drills and thrills! Admittance is on a first come, first serve basis and is subject to capacity limitations. Please arrive earlier to set up the bike.

Dancercise Come see what a good time you can have in dancercise! Enjoy the powerful combination of exercise and dance to lose some excess pounds or just get fit. Through aerobic dance, this program offers a great cardio workout and body toning. No dance experience is necessary.

Interval Insanity This high-energy class focuses on Cardio, Plyo, Weights and Core. The exercises are repetitive intervals that will get you the results you strive for.

Dance & Burn Use your lunch time to get fit! This 40-minute workout will keep your heart rate up using various types of cardio and muscular conditioning exercises. It's a great way to fit a quick workout into your busy day. You will go back to work stress free, and with an energized body.

Piloga This is a unique class designed to improve your strength and flexibility. Combining the muscle toning power of Pilates with yoga stretches, the constant movement in this class also helps to burn fat.

Piloga Fusion is a full body workout that involves all muscle groups and blends Pilates exercises and Yoga poses with strength training. Piloga Fusion will increase your energy level and muscle strength, give you a boost in flexibility and endurance, while also teaching you to relax, focus, and keep your mind and body constantly challenged!

Sculpt & Tone Looking to get toned? This is a perfect all-around workout if you're interested in building and toning muscles while burning fat and calories. Using a range of equipment to assist with resistance training, you will condition and shape your body.

Step is a higher intensity offering a cardio segment of 30 -40 minutes. Step Up and enjoy this challenge! All levels welcome!

Tabata is a high intensity interval training (HIIT) program that produces remarkable aerobic and anaerobic capacity results. A Tabata workout is a maximum intensity interval training exercise cycle, that is followed by a short rest and then, repeated without rest, eight more times. This high intensity intermittent training helps produce maximum results in the minimum times and is a great overall body workout!

Tai Chi is a combination of smooth, harmonious and steady movements practiced to increase mobility, circulation, balance, flexibility and concentration. Run by Volunteers.

FITNESS CLASS FEES

AGE	SINGLE	10 VISIT PASS	MONTHLY MEMBERSHIP	YEARLY MEMBERSHIP*
Teen (14-17)	\$8.20	\$73.85	\$29.05	\$278.97
Adult (18-64)	\$11.75	\$105.50	\$41.50	\$398.37
Senior (65+)	\$8.20	\$73.85	\$29.05	\$278.97

*Yearly membership will be valid from day of purchase. No cancellations, refunds, extensions, or suspensions

Non-Residents Fee: \$15 per registered program and Memberships surcharge of 25%

Fee's valid until December 31, 2026