



Group Fitness Schedule December 2024

ONTARIO RACQUET CLUB

884 Southdown Rd, Mississauga, ON L5J 2Y4

(p)

Director Nicole Crewe | ncrewe@ontarioracquetclub.com

1 SUN	2 MON	3 TUE	4 WED	5 THU	6 FRI	7 SAT
Group Power 9:00 AM Eddy Renelique	Yoga Core - Moderate 6:15 AM Fabiola St.Cyr	HIIT30-45 mins 6:15 AM Stephanie Gore	Balance - Stretch - Core 6:15 AM Fabiola St.Cyr	HIIT30-45 mins 6:15 AM Stephanie Gore	Spin 6:15 AM Val MacDonald (sub)	Group Power 8:00 AM Bonnie Paltsev
Hatha Yoga - Moderate 9:00 AM Katia Ponce (sub)	Spin 6:15 AM Val MacDonald	HIIT30-45 mins 8:15 AM Paul Davidson	HIIT30-45 mins 6:15 AM Stephanie Gore	HIIT30-45 mins 8:15 AM Paul Davidson	Yoga - Moderate - Flow 6:15 AM Fabiola St.Cyr	Spin 8:00 AM Stephanie Gore
No Limits 45 to 50 mins 9:00 AM Stephanie Gore	Healthy Lifestyles Total Body Conditioning 8:00 AM Pam Strong	Barre Pilates Sculpt 9:00 AM Lucia Lecuna	Spin 6:15 AM Teawna Pinard (sub)	Circuit 50 to 60 mins 9:00 AM Milos Arsic	Healthy Lifestyles Stretch and Core 8:00 AM Pam Strong	Barre Pilates Sculpt 9:00 AM Farib Hatami
Pilates Fusion 9:00 AM Jennifer Poole	VIRTUAL HEALTHY LIFESTYLES - TOTAL BODY 8:00 AM Val McLeod	Circuit 50 to 60 mins 9:00 AM Milos Arsic	Healthy Lifestyles Stretch and Core 8:00 AM Pam Strong	Hatha Yoga - Moderate 9:00 AM Katia Ponce (sub)	Healthy Lifestyles Total Body Conditioning 8:00 AM Farib Hatami	HIIT30-45 mins 9:00 AM Anna Zielinski
Spin 9:00 AM Kirsten Engelbrecht	HIIT: 30 minutes 8:15 AM Eddy Renelique	Spin 9:00 AM Liz Muizelaar	Healthy Lifestyles Total Body Conditioning 8:00 AM Vicki Cruickshank	Spin 9:00 AM Liz Muizelaar	Circuit 50 to 60 mins 9:00 AM Paul Davidson	Spin 9:00 AM Stephanie Gore
virtual yoga 9:00 AM	Circuit 50 to 60 mins 9:00 AM Paul Davidson	Aqua healthy lifestyles 9:10 AM Farib Hatami	Healthy Lifestyles Total Body Conditioning 8:00 AM Vicki Cruickshank	AQUA Gentle Fit Mind & Body 9:05 AM Alison Hodd	Circuit 50 to 60 mins 9:00 AM Paul Davidson	Aqua HIIT 9:05 AM Sandy McGale
AQUA Water Running (DEEP) 9:05 AM Sandy McGale	Pilates 9:00 AM Saelmy Schmidt	Group Power 9:15 AM Heidi Grace Marika Pedersen	Circuit 50 to 60 mins 9:00 AM Anna Zielinski	Functional Fitness 9:10 AM Farib Hatami	Chisel'd 9:15 AM Jennifer Poole	Group Blast 9:15 AM Bonnie Paltsev
Chisel'd 10:15 AM Farib Hatami	Stretch and Core 9:00 AM Katia Ponce	Yoga Moderate 9:15 AM Vina Morland	Core Fitness 9:15 AM Paul Davidson	Chisel'd 9:15 AM Marika Pedersen	Pilates 9:15 AM Saelmy Schmidt	WARM Yoga - Moderate - Hatha Flow 9:30 AM Ankur Manchanda
TRX HIIT 10:15 AM Teawna Pinard	Group Blast 9:15 AM Heidi Grace	Pilates 10:00 AM Bonnie Paltsev	Group Blast 9:15 AM Bonnie Paltsev	Aqua Deep Water Fitness 10:05 AM Alison Hodd	Spin 9:15 AM Pam Strong	Virtual Yoga Moderate 10:00 AM
Family Drop-in Volleyball - FREE 12yr+ 11:00 AM	Spin and Stretch 9:15 AM Pam Strong	AQUA Water Running (DEEP) 10:05 AM Farib Hatami	Spin and Stretch 9:15 AM Pam Strong	Aqua Deep Water Fitness 10:05 AM Alison Hodd	Stretch and Core 9:15 AM Teawna Pinard	Yoga Moderate 10:00 AM Farib Hatami
Barre Pilates Sculpt 11:20 AM Farib Hatami	Yoga Moderate 10:00 AM Fabiola St.Cyr	Spin 10:20 AM Heidi Grace	Yoga Moderate 9:15 AM Fabiola St.Cyr	Chisel'd 10:15 AM Liz Muizelaar	No Limits 45 to 50 mins 10:00 AM Anna Zielinski	Chisel'd 10:20 AM Rick Groves
			No Limits 45 to 50 mins 10:00 AM	Gentle Yoga 10:15 AM Katia Ponce	Aqua Body Blast 10:05 AM Barbara Bonifacio	WARM Yoga -

Zumba 11:25 AM Lourdes Ardanuy	AQUA Bootcamp 10:05 AM Eddy Renelique	Chisel'd 10:25 AM Liz Muizelaar	Anna Zielinski	Bonnie Paltsev	Yoga Flow and Slow - restorative - Moderate 10:10 AM Fabiola St.Cyr (sub)	Moderate - Hatha Flow 11:05 AM Farib Hatami
Family Drop-In Basketball - FREE 12yr+ 1:00 PM	Stretch, Fascia, and Mobility 10:10 AM Paul Davidson	Yoga Flow and Slow - restorative - Moderate 10:30 AM Laura Riggs (sub)	Stretch, Fascia, and Mobility 10:00 AM Paul Davidson	Spin 10:15 AM Farib Hatami	Group Power 10:20 AM Marika Pedersen	virtual yoga 11:10 AM Laura Riggs
	Chisel'd 10:20 AM Heidi Grace	Strength & Cardio Dance 11:15 AM Bonnie Paltsev	AQUA Bootcamp 10:05 AM Eddy Renelique	Strength & Cardio Dance 11:25 AM Bonnie Paltsev	Ballroom Line Dancing 10:30 AM Farib Hatami	Yoga Flow Moderate to intense 11:10 AM Laura Riggs
	Pilates 11:00 AM Laura Riggs	HIIT: 30 minutes 11:30 AM Paul Davidson	Group Power 10:20 AM Bonnie Paltsev (sub)	HIIT: 30 minutes 11:30 AM Paul Davidson	Aqua Body Blast 11:05 AM Barbara Bonifacio	Zumba 11:30 AM Alina Stefan
	Aqua HIIT 11:05 AM Eddy Renelique	Yoga Moderate 11:35 AM Vina Morland	Kundalini Flow and Meditation 10:45 AM Simmy Geekee	Group Power 12:10 PM Bonnie Paltsev	Stretch 11:15 AM Laura Riggs	Restorative Pilates 12:15 PM Laura Riggs
	Zumba 11:30 AM Fabiola St.Cyr	Restorative Pilates 12:30 PM Laura Riggs	Pilates Sculpt 10:50 AM Laura Riggs (sub)	Tai Chi 12:30 PM Chris Lacey	LATIN FUSION 11:30 AM Eddy Renelique	Virtual - restorative Pilates (shifting gears) 12:15 PM
	Spin 12:00 PM Karen Bentham	Therapeutic Yoga - Gentle 1:30 PM Simmy Geekee (sub)	Aqua Fusion (Deep & Shallow) 11:05 AM Farib Hatami	Therapeutic Yoga - Gentle 1:30 PM Chris Lacey	Aqua Zumba 12:05 PM Lourdes Ardanuy (sub)	
	Gentle Yoga 12:10 PM Laura Riggs	Virtual Therapeutic Yoga 1:30 PM	Latin Fusion 11:30 AM Eddy Renelique	Virtual Therapeutic Yoga 1:30 PM	Pilates 12:15 PM Jennifer Poole	
	HIIT and Stretch 12:10 PM Paul Davidson	Chisel'd 5:15 PM Farib Hatami	Bootcamp Kickboxing 12:00 PM Sara Atkinson	SPIN AND HIIT 5:30 PM Kirsten Engelbrecht Stephanie Gore	Chair yoga and Strength - Shifting Gears 1:15 PM Ankur Manchanda	
	Chair Yoga Shifting Gears - Gentle 1:15 PM Ankur Manchanda	Spin 5:15 PM Stephanie Gore	Chair Strength - Shifting Gears 12:30 PM Ankur Manchanda	Aqua HIIT 7:05 PM Sandy McGale	WARM Yoga - Moderate - Hatha Flow 5:00 PM Ankur Manchanda	
	Kettlebell HIIT 5:00 PM Teawna Pinard	No Limits 45 to 50 mins 6:15 PM Stephanie Gore	Chisel'd 4:05 PM Liz Muizelaar		Group Power 5:30 PM Bonnie Paltsev	
	Spin 5:45 PM Teawna Pinard (sub)	Spin 6:15 PM Farib Hatami	Hard Core 5:00 PM Marika Pedersen		VOLLEYBALL DROP-IN 15yrs+ 6:00 PM	
	Group Power 6:00 PM Heidi Grace	Balance - Stretch -	Bootcamp Kickboxing 5:15 PM Sara Atkinson		WARM Yoga - Moderate - Hatha Flow 6:05 PM Ankur Manchanda	
	Mindful yoga flow - Moderate 6:15 PM Fabiola St.Cyr (sub)		Spin			

Chisel'd

6:30 PM

Najette Arabe

**Mobility and
Yin yoga**

7:20 PM

Najette Arabe

Core

6:20 PM

Aggie Metford
(sub)

**AQUA
Water
Running
(DEEP)**

7:05 PM

Farib Hatami

Kinisi Flow

7:15 PM

Alina Stefan

5:45 PM

Kirsten Engelbrecht

**Group
Power**

6:00 PM

Marika Pedersen

**WARM
Dynamic
Hatha Flow**

6:00 PM

Fabiola St.Cyr

TRX HIIT

6:25 PM

Najette Arabe

**Stretch,
Fascia, and
Mobility**

7:00 PM

Najette Arabe

**Restorative
Yoga**

7:10 PM

Katia Ponce (sub)

Zumba

7:15 PM

Fabiola St.Cyr

**Barre Pilates
Sculpt**

6:35 PM

Bonnie Paltsev