

AEROCENTRE FITNESS VIRTUAL SCHEDULE September 2-December 19, 2025

Times shown in Eastern Time, head to aerocentrefitness.ca/virtualclasses

Monday	Tuesday	Wednesday	Thursday	Friday
Upper Body Burn 6:55-7:05am <i>Amanda</i>	Core Flow 6:55-7:05am <i>Tab</i>	Core Circuit 6:55-7:05am <i>Deb</i>	Lower Body Burn 6:55-7:05am <i>Lisa</i>	Core Flow 6:55-7:05am <i>Ann</i>
HIIT 7:10 - 7:40am <i>Amanda</i>	Triple Target 7:10 - 7:40am <i>Tab</i>	Strong 7:10 - 7:40am <i>Deb</i>	Yoga 7:10 - 7:40am <i>Lisa</i>	Cardio Sculpt 7:10 - 7:40am <i>Ann</i>
Mobility Boost 7:45 - 7:55am <i>Amanda</i>	Mobility Boost 7:45 - 7:55am <i>Tab</i>	Mobility Boost 7:45 - 7:55am <i>Deb</i>	Core Circuit 7:45 - 7:55am <i>Lisa</i>	Mobility Boost 7:45 - 7:55am <i>Ann</i>
Stretch: Back & Posture 11:30-11:45am <i>Ashlee</i>	Stretch 11:30-11:45am <i>Ashlee</i>	Stretch: Neck & Shoulder 11:30-11:45am <i>Amanda</i>	Stretch 11:30-11:45am <i>Lisa</i>	Stretch: Hips, Wrist, Legs 11:30-11:45am <i>Maria</i>
Cardio Blast 11:50am-12pm <i>Ashlee</i>	Core Circuit 11:50am-12pm <i>Ashlee</i>	Lower Body Burn 11:50am-12pm <i>Amanda</i>	Core Flow 11:50am-12pm <i>Lisa</i>	Upper Body Burn 11:50am-12pm <i>Maria</i>
Strong 12:10-12:40pm <i>Ashlee</i>	Cardio Sculpt 12:10-12:40pm <i>Ashlee</i>	Cardio Boxing 12:10-12:40pm <i>Amanda</i>	HIIT 12:10-12:40pm <i>Lisa</i>	Triple Target 12:10-12:40pm <i>Maria</i>
Calm 1:30-1:40pm <i>Mat</i>	Calm 1:30-1:40pm <i>Mat</i>	Calm 1:30-1:40pm <i>Mat</i>	Calm 1:30-1:40pm <i>Mat</i>	Calm 1:30-1:40pm <i>Mat</i>
Stretch 1:50-2pm <i>Caitlynn</i>	Stretch 1:50-2pm <i>Ann</i>	Stretch 1:50-2pm <i>Paige</i>	Stretch 1:50-2pm <i>Caitlynn</i>	Stretch 1:50-2pm <i>Criss</i>
Zumba 2:10-2:40pm <i>Caitlynn</i>		Cardio Sculpt 2:10-2:40pm <i>Paige</i>		Pilates Fusion 2:10-2:40pm <i>Criss</i>
		Yoga Fusion 4:30-5:15pm <i>Trinh</i>		
Core Flow 6:45-6:55pm <i>Trinh</i>	Mobility Boost 6:45-6:55pm <i>Maria</i>			
Yoga 7-7:45pm <i>Trinh</i>	Zumba 7-7:30pm <i>Maria</i>			

Head to aerocentrefitness.ca to see full class descriptions

	Mindfulness		30 minute class
	10 minute class		45 minute class
	15 minute class		

Register and join classes via the Aerocentre Member Portal.
All sessions stream on Zoom. The passcode to join is *virtual*.