

# VIRTUAL FITNESS WINTER SCHEDULE

2026

Last updated: January 12, 2026



All classes are subject to change and may be altered based on feedback and availability

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			<b>Strength &amp; Stretch</b> 8:30 am			
Pilates 9:30 am	Pilates 9:30 am	Bollywood 9:30 am		Yoga 9:30 am	Total Body Workout 9:30 am	Yoga/Pilates Blend 9:30 am
			<b>SEATED Strength &amp; Stretch</b> 10:30 am			
Low Impact & Pilates 12:15 pm	Yoga & Tone 12:15 pm	Total Body Workout 12:15 pm	Zumba 12:15 pm	Low Impact & Tone 12:15 pm	<p><b>All classes are 45-min.</b></p> <p>Please note we have format and time changes for classes with the Summer Schedule.</p>	
SEATED Stretch & Strength 1:30 pm						
Strength & Stretch 5:15 pm	Total Body Toning 6:15 pm	Low Impact & Tone 7:15 pm	Yoga 6:15 pm			

For access to virtual fitness classes:

- To purchase a Virtual Fitness membership visit [www.mississauga.ca/memberships](http://www.mississauga.ca/memberships)
- If you are a current Fit, Fit+, All-In, or 65+ Fit member, you can opt in to the virtual classes by adding **Virtual Fitness with Membership** at no additional fee
- Virtual Fitness and All-In with Virtual members will receive a daily email by 8:00 am with the links for all classes that day
- Choose the links for any and all classes you would like to attend; you have the flexibility to join for the full class or a portion of the class

## VIRTUAL FITNESS CLASS DESCRIPTIONS

**YOGA/PILATES BLEND.** A combination of a variety of yoga styles along with Pilates, core and functional training to support flexibility and strength.

**ZUMBA®.** An easy-to-follow fitness dance workout combining cardio, strength, balance and flexibility.

**YOGA.** Combines breathing and movement to improve range with muscles and joints to increase everyday comfort and movement.

**STRENGTH & STRETCH.** A combination of muscle and movement to build strength and flexibility to improve mobility for everyday living.

**TOTAL BODY WORKOUT.** Balances cardio, strength and flexibility using body weight, resistance tools with options to make it fit for your needs.

**LOW IMPACT & TONE.** Easy-to-follow moves that strengthen your heart, lungs and muscles.

**PILATES.** Emphasis is focused on the breath, body alignment, control and form to aid in improved posture and mobility.

**BOLLYWOOD.** This class includes easy-to-follow moves inspired by Hindi dance and Bollywood style hip-hop combined with toning and conditioning for a full body workout.