

VIRTUAL FITNESS **SPRING** SCHEDULE

2026

Last updated: May 1, 2026



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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Strength & Stretch 8:30 am			
Bollywood 9:30 am	Pilates 9:30 am	Total Body Workout 9:30 am		Yoga 9:30 am	Total Body Workout 9:30 am	Yoga/Pilates Blend 9:30 am
			SEATED Strength & Stretch 10:30 am 	30-min Foam Roller 10:20 am	30-min Functional Stretch 10:20 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	Classes are 45-min. unless noted <i>Working at your own pace, participate and enjoy any or all classes in the comfort of your own space.</i> <i>If you enter classes after the designated start time, for safety and comfort, please warm-up gradually.</i>	
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			

VIRTUAL FITNESS CLASS DESCRIPTIONS

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

30-MIN FOAM ROLLER. This is a form of self-massage and beneficial for sore muscles, muscle recovery and flexibility. Foam rollers and tennis balls used in class.

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.

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.

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

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

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

30-MIN FUNCTIONAL STRETCH. This class focuses on improving mobility and flexibility through a variety of stretching techniques you can take on its own or add to your current workout.

For access to virtual fitness classes:

- To purchase a Virtual Fitness membership visit 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
- Members (Virtual Fitness and Virtual Fitness with Membership) will receive an email by 10:00 pm with the links for all classes for the next 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