

Chillwack YMCA Group Fitness Schedule Sept 13-Dec 21

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Morning	Y Cycle 6:15am-7:15am Cycle Studio Hermann			Y Sweat 6:15am-7:00am Fitness Studio Martha	Y Cycle 6:15am-7:15am Cycle Studio Hermann			Early Morning Block of Classes
	Y Cycle 9:15am-10:15am Cycle Studio Gisela	Y Aquafit 8:00am-8:45am Pool Kelly	Y Cycle 9:15am-10:15am Cycle Studio Martha	Y Aquafit 8:00am-8:45am Pool Kelly		Y Aquafit 9:00am-9:45am Pool Alyson/Dylan		
				Group Equipment Orientation 10:15am-11:15am Fitness Floor Carolyn				
	Y Gentle/Cardiofit Gold 10:45am-11:30am Gymnasium Carolyn	Y Aquafit 10:15am-11:00am Pool Karen	Y Gentle/Cardiofit Gold 10:45am-11:30am Gymnasium Pat			Y Dance 10:30am-11:30am Fitness Studio Monique		
			Y Vinyasa Yoga 10:45am-11:45am Fitness Studio Michelle					
				YGentle Strength and Balance 11:30am-12:30pm MP2 Carolyn				
				Y Sweat 12:00pm-12:30pm Fitness Studio Pat				
Afternoon								Mid Morning Classes
Evening								Lunch Time Classes
							Afternoon Classes	
							Evening Classes	

NOTE AQUAFIT STARTS WEEK OF SEPTEMBER 20

Gymnasium	Gymnasium	Fitness Floor	Pool	Cycle Fit Studio
GE Studio		MP2	MP3	
Registered Program				
see Membership Services				

This schedule is subject to change.

For the most up to date schedule information, please visit our website: gv.ymca.ca