



# Group Fitness Schedule

September 7 - December 31, 2021

Class Location listed in (RED)

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING		5:45-6:30am Y Cyclefit ST1/Jennifer	6:00-7:00am Group Power Gym/Shannon	6:15-7:15am	6:00-7:00am Group Power Gym/June		
		6:10-7:00am					
	8:00-9:00am Group Power ST2/June					8:15 - 9:15am Y Strength Gym/Sherrie	8:15 - 9:15am Y Vinyasa Yoga ST2 /Violette
		8:30-9:15am				8:30-9:15am Y Aquafit 25m Pool/Jessica	
	9:15-10:15am Y Cyclefit ST1/Linda	9:15-10:00am Y Synrgy Gym/Andrew	9:15-10:15am Y Cyclefit ST1/Bernardo	9:15-10:15am Y Vinyasa Yoga ST2/Kami	9:15-10:15am Y Cyclefit ST1/Nicole	9:15-10:15am Group Power ST2/Shannon	9:00 - 10:00am Y Cyclefit ST1 /Bernardo
	9:15-10:00am Zumba Gym/Coral		9:15-10:15am Y Hatha Yoga ST2/ Lynne	9:15-10:15am Group Power Gym/Linda	9:15-10:15am Y Step ST2/Jennifer	9:30-10:30am Zumba Gym/Jenna	10:15-11:15am Y-Dance Bollywood ST2/Dildeep
	9:15-10:00am Y Gentle Aquafit 25m Pool/Debbie				9:15-10:15am Group Power Gym/Doug		
	9:15-10:15am Y Strength ST2/Sherri	10:00-11:00am Y Hatha Yoga ST2/Marianne					
	10:30-11:30am Y Hatha Yoga ST2/Soan	11:00-12:00pm	11:00-12:00pm			10:30-11:30am Y Vinyasa Yoga ST2/Kerry&Barb	
	11:45-12:45pm Y Gentle ST2/Debbie				11:00-12:00pm		11:15-12:15pm
AFTERNOON							
EVENING		5:00-6:00pm	5:00-6:00pm	5:00-6:00pm	5:00-6:00pm		
	6:30-7:30pm Y Step ST2/Jennifer	6:30-7:15pm Y Cyclefit ST1/Surinder					
	6:30-7:30pm	6:30-7:30pm Group Power ST2/June	6:30-7:30pm Group Power ST2/Trudy	6:00-7:00pm Y-Dance Bollywood ST2/Gulnaaz	6:30-7:30pm Y Strength ST2/Jacqueline		
<p>This schedule is subject to change without notice.</p>							
Drop-In Group Fitness Class	Registered Program <i>see membership desk for more details</i>	Aquatic Programs <i>Located in our Aquatic Centre</i>	<b>NEW</b> New Class, time or location!		Mossa® Group Power 	Zumba® Fitness 	SOMA® Meditation 

Tong Louie - Group Fitness-

Updated Sept 9, 2020

