

Group Fitness Schedule Oct 25 -Dec 18 2021

FINAL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
	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				
Morning	Y Aquafit 8:30am-9:30am Pool Lisa	Y Aquafit 8:00am-8:45am Pool Kelly		Y Aquafit 8:00am-8:45am Pool Kelly		Y Aquafit 9:00am-9:45am Pool Alyson/Dylan		Early Morning Block of Classes	
	Y Cycle 9:15am-10:15am Cycle Studio Gisela		Y Cycle 9:15am-10:15am Cycle Studio Martha		Y Cycle *NEW 9:15am-10:15am Cycle Studio Gary/Gisela				
	Y Gentle Aquafit 9:45am-10:15am Pool Cheryl			Y Gentle Aquafit 10:00am-10:30am Pool Cheryl					
Afternoon	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	Group Equipment Orientation 10:15am-11:15am Fitness Floor Carolyn		Y Dance 10:30am-11:30am Fitness Studio Monique	*NEW Y Restorative Yoga/Meditation 10:00am-11:00am Fitness Studio Sandra	Mid MorningClasses	
			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					
								Lunch Time Classes	
	Y Sweat 5:30pm-6:30pm Gymnasium Josh	YVinyasa Yoga 5:30pm-6:30pm Fitness Studio Lisa		YVinyasa Yoga 5:30pm-6:30pm Fitness Studio Lisa				Evening Classes	
	Y Aquafit 6:00pm-6:45pm Pool Alyson/Lisa	YCycle 6:45pm-7:45pm Cycle Studio Sue	YHatha Yoga 6:45pm-7:45pm Fitness Studio Jenna	Y Sweat 6:45pm-7:45pm Gymnasium Sue					
	Gymnasium	Gymnasium	Fitness Floor	Pool	Cycle Fit Studio				
	GF Studio		MP2	MP3					
	- see Membership Services Desk for details								

This schedule is subject to change.

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