

# Group Fitness Schedule 2022

Starts Jan 24 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	Y Cycle 6:15am-7:15am Cycle Studio Hermann	Y Sweat 6:15am-7:00am Studio Melissa	Y Cycle 6:15am-7:00am Cycle Studio Karen	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	YSweat *starts Feb 4 6:15am-7:15am Studio Shawn	Y Aquafit 9:00am-9:45am Pool Alyson/Dylan		Early Morning Block of Classes
	Y Cycle 9:15am-10:15am Cycle Studio Gisela	Y Step 9:15am-10:15am Fitness Studio Karen/Pat	Y Cycle 9:15am-10:15am Cycle Studio Martha		Y Cycle 9:15am-10:15am Cycle Studio Gary	Y Step 9:15am-10:15am Fitness Studio Karen		
	Y Gentle Aquafit 9:45am-10:15am Pool Cheryl	Y Aquafit 10:15am-11:00am Pool Karen		Y Gentle Aquafit 10:00am-10:30am Pool Cheryl	YSweat *starts Feb 4 9:15am-10:15am Gymnasium Tanya		Y Restorative Yoga 10:00am-11:15am Fitness Studio Sandra	
	Y Gentle Cardio 10:45am-11:30am Gymnasium Carolyn		Y Gentle Cardio 10:45am-11:30am Gymnasium Pat	Group Equipment Orientation 10:15am-11:15am Fitness Floor	Y Gentle Cardio 10:45am-11:30am Gymnasium Carolyn/Pat	Y Dance 10:30am-11:30am Fitness Studio Monique		
			Y Vinyasa Yoga 10:45am-11:45am Fitness Studio Michelle					Mid Morning Classes
	Y Stretch 11:45am-12:30pm MP2 Carolyn			YGentle Basics 11:30am-12:30pm MP2 Carolyn				
Afternoon								Lunch Time Classes
			Y Sweat 12:00pm-12:45pm Fitness Studio Pat					
	Y Sweat 5:30pm-6:30pm Gymnasium Josh	YVinyasa Yoga 5:30pm-6:30pm Fitness Studio Lisa		Y Vinyasa Yoga 5:30pm-6:30pm Fitness Studio Lisa				Evening Classes
	Y Aquafit 6:00pm-6:45pm Pool Alyson/Lisa	Y Cycle 6:45pm-7:45pm Cycle Studio Sue	Y Hatha Yoga 6:30pm-7:30pm Fitness Studio Jenna	Y Sweat 6:45pm-8:00pm Gymnasium Sue				

- 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](http://gv.ymca.ca)

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