

LANGARA FAMILY YMCA

GROUP FITNESS SCHEDULE

Spring

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING	Open Space	Open Space	Open Space	Open Space	Open Space	Closed	Closed
	Y-Gentle Strength Faye 8:00am-9:00am (Gymnasium)		Y-Gentle Strength Sheila 8:00am-9:00am (Gymnasium)	Y Step & Strength Jennie 8:45-9:45am	Y-Gentle Strength Cheryl 8:00am-9:00am (Gymnasium)	Y Step & Strength Jeanette 8:15-9:15am	Open Space
	Group Power Faye 9:30-10:30am		Open Space	Canadian Immigrant Services 9:30-1:30pm			
	Open Space		Y Dance-Line Michelle 10:00-11:30am		Group Power Faye 10:00-11:00am		
					Open Space		
AFTERNOON	Closed	Closed	Closed	Closed	Closed	Open Space	Y-Sweat Tom 10:30-11:30am
							Open Space
							Open Space
							Y Dance- Belly Karime 1:00-2:15pm
							Open Space
	Y-Stength Tommy 4:45-5:45pm	Y-Stength & Tone Andree 4:45-5:45pm	Y-Strength Tommy 4:45-5:45pm	Y-Hatha Yoga Kashi 4:45-5:45pm	Y-Strength Tommy 4:45-5:45pm	Closed	Closed
	Y-Step Kashi 6:00-7:00pm	Y-Step Liz 6:00-7:00pm	Y-Pilates Andree 6:00-7:00pm	Zumba-Toning Gail 6:15-7:15pm	Y Dance-Line Michelle 6:15-7:15pm		
	Y-Dance Bollywood Esha 7:30-8:30pm	Zumba Janice 7:30-8:30pm	Open Space	Y Dance-Cardio Gary 7:30-8:45pm	Y Dance- Chinese Fusion Marie 7:30-8:45pm		
	Closed	Closed	Closed	Closed	Closed		

Y Gentle	Cardio & Strength	Dance Fitness	Yoga & Stretch			
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**Hours and operation of Group Fitness Schedule are subject to change.
For the most up to date schedule info, please check your Mind-Body app.**