# Group Fitness Schedule effective May 02 2022

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

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