



# TONG LOUIE FAMILY YMCA GROUP FITNESS SCHEDULE

May 1, 2022 - Current

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING		6:05am - 7:05am Y Cyclefit - ST1 Jen	6:15am - 7:15am Group Power - ST2 Shannon		6:15am - 7:15am Group Power - ST2 June		
	8:00am - 9:00am Group Power - ST2 June				7:30am - 8:30am Y Hatha Yoga - ST2 Tiffany	8:15am - 9:15am Y Strength - Gym Sherrie	
	8:30am - 9:15am Y Aquafit - 25m Pool Gail	8:45am - 9:45am Y Gentle - ST2 Audrey	9:15am - 10:00am Y Aquafit - 25m Pool Sandra	8:30am - 9:15am Y Synrgy - Fitness Floor Jacqueline	9:15am - 10:00am Y Aquafit - 25m Pool Jesse	8:30am - 9:15am Y Aquafit - 25m Pool Jessica	9:00am - 10:00am Y Cyclefit - ST1 Bernardo
	9:15am - 10:00am Y Dance Cardio - Gym Coral	9:15am - 10:15am Y Cyclefit - ST1 Linda	9:15am - 10:15am Y Cyclefit - ST1 Bernardo	9:15am - 10:15am Y Vinyasa Yoga Kami	9:15am - 10:15am Y Step - ST2 Jennifer	9:30am - 10:30am Group Power - Gym Shannon	
	9:15am - 10:15am Y Strength - ST2 Sherrie	10:00am - 11:00am Y Hatha Yoga - ST2 Marianne	9:15am - 10:15am Y Hatha Yoga - ST2 Lynne	9:15am - 10:15am Group Power - Gym Linda	10:30am - 11:30am Y Hatha Yoga - ST2 Marian		
			10:30am - 11:30am Y Pilates - ST2 Marian				
						10:30am - 11:30am Y Vinyasa Yoga - ST2 Kerry & Barb	
							10:15am - 11:15am Y-Dance Bollywood - ST2 Dildeep
		10:30am - 11:30am Y Hatha Yoga - ST2 Soan					
		11:45am - 12:45am Y Gentle - ST2 Debbie					
AFTERNOON							
EVENING	5:15pm - 6:15pm Group Power - ST2 Shannon			4:30pm - 5:30pm Y Pilates - ST2 Marian			
	6:00pm - 6:45pm Y Synrgy - Fitness Floor Jacqueline	6:15pm - 7:15pm Y Strength - ST2 Andrew	5:30pm - 6:15pm Y-Dance Cardio - ST2 Coral	6:00pm - 7:00pm Y-Dance Bollywood - ST2 Gulnaaz			
	6:30pm - 7:15pm Y Aquafit - 25m Pool Louise	6:30pm - 7:15pm Y Cyclefit - ST1 Surinder	6:30pm - 7:30pm Y Hatha Yoga - ST2 Marian	6:30pm - 7:15pm Y Aquafit - 25m Pool Lali	6:00pm - 6:45pm Y Synrgy - Fitness Floor Jacqueline		
	6:30pm - 7:30pm Y Step - ST2 Jennifer		6:30pm - 7:30pm Zumba - ST1 Peter		7:00pm - 8:00pm Y Hatha Yoga - ST2 Marian		

This schedule is subject to change without notice. Current as of:  
Please reserve classes online at [gv.ymca.ca](http://gv.ymca.ca) or the booking app.

May 2, 2022

To view all our schedules online scan the code below

