

Group Fitness Schedule effective July 02

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					CANADA DAY JULY 01 NO CLASSES or PROGRAMS		
	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 Gymnasium 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 8:30am-9:15am Pool Michelle	Y Aquafit 8:00am-8:45am Pool Kelly		Y Aquafit 9:00am-9:45am Pool Alyson/Dylan	
	Y Cycle 9:15am-10:15am Cycle Studio Gisela *NO CLASS JULY 04*		Y Cycle 9:15am-10:15am Cycle Studio Martha	Y Cycle 9:15am-10:15am Cycle Studio Gary *NO CLASS JULY 14*	Y Cycle 9:15am-10:15am Cycle Studio Gary *NO CLASS JULY 15*	Y Cycle 9:15am-10:15am Cycle Studio Andrea NO CLASS JULY 2,30	
	YStrength 9:15am-10:15am Gymnasium Sharon	Y Step 9:15am-10:15am Fitness Studio Karen	YSweat 9:15am-10:15am Gymnasium	Y Step 9:15am-10:15am Fitness Studio Sharon	YSweat 9:15am-10:15am Gymnasium	Y Step 9:15am-10:15am Fitness Studio Krista	Y Restorative Yoga 10:00am-11:15am Fitness Studio Sandra *NO CLASS JULY 10*
	Y Gentle Aquafit 10am-10:30am Pool Cheryl/Michelle *NO CLASS JULY 11*	Y Aquafit 10:15am-11:00am Pool Karen		Y Gentle Aquafit 10:00am-10:30am Pool Cheryl			
	Pre-/Teen Orientation 11am-12pm Registration required	Beginner Adult Orientation 11:30am-12:30pm Fitness Floor	Pre-/Teen Orientation 11am-12pm Registration required	Equipment Orientation 10:45am-11:30pm Fitness Floor			
	Y Gentle Cardio 10:45am-11:30am Gymnasium Carolyn		Y Gentle Cardio 10:45am-11:30am Gymnasium Pat/Carolyn		Y Gentle Cardio 10:45am-11:30am Gymnasium Pat NO CLASS JUL 15,22		
Afternoon	Y Stretch 11:45am-12:30pm MP2 Carolyn		Y Vinyasa Yoga 10:45am-11:45am Fitness Studio Michelle *NO CLASS JULY 27*	Y Gentle Basics 11:30am-12:30pm MP2 Carolyn			
	Y Sweat 5:30pm-6:30pm Gymnasium Josh	Y Vinyasa Yoga 5:30pm-6:30pm Fitness Studio Lisa	Y Cycle 5:30pm-6:30pm Cycle Studio Karl	Y Vinyasa Yoga 5:30pm-6:30pm Fitness Studio Lisa			
	Y Aquafit 6:00pm-6:45pm Pool	Y Cycle 6:45pm-7:45pm Cycle Studio Sue	Y Hatha Yoga 6:00pm-7:00pm Fitness Studio Jenna				

This schedule is subject to change.

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

Updated June 22 2022