

LANGARA FAMILY YMCA GROUP FITNESS SCHEDULE

JULY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	Open Space	Open Space	Open Space	Open Space	Open Space	Closed	Closed
	Y - Gentle Strength Faye - (Gymnasium) 8:00am-9:00am	Y - Core Jayson 7:30am-8:30am	Y - Gentle Strength Sheila - (Gymnasium) 8:00am-9:00am	Y - Tone Andree 8:45am-9:45am	Y - Gentle Strength Cheryl - (Gymnasium) 8:00am-9:00am	Y - Step & Strength Jeanette 8:15am-9:15am	Open Space
	Group Power Faye 9:30am-10:30am	Open Space	Open Space	Group Power Faye 10:00am-11:00am	Open Space	Open Space	Y - Cycle Teresa 9:30am-10:15am
	Open Space		Y - Dance - Line Michelle 10:00am-11:30am	Open Space		Y - Hatha Yoga Bill 10:30am-11:30am	Y - Sweat Tom 10:30am-11:30am
	Closed		Closed	Closed		Closed	Open Space
AFTERNOON	Open Space	Open Space	Open Space	Open Space	Open Space	Open Space	Y - Dance - Belly Karime 1:00pm-2:30pm
	Y - Strength Sandra 4:45pm-5:45pm	Y - Dance Bollywood Esha 4:30pm-5:30pm	Y - Strength Tommy 4:30pm-5:30pm	Y - Hatha Yoga Kashi 4:45pm-5:45pm	Y - Strength Tommy 4:30pm-5:30pm		Y - Pilates Bill 3:00pm-4:00pm
	Open Space	Open Space	Open Space	Open Space	Open Space		Open Space
	Y - Step Kashi 6:00pm-7:00pm	Y - Cycle Stephen 6:00pm-7:00pm	Y - Step Liz 6:00pm-7:00pm	Zumba Gail 6:15pm-7:15pm	Y - Dance - Line Michelle 6:00pm-7:30pm	Closed	Closed
	Y - Dance- ChineseFusion Marie 7:30pm-8:30pm	Open Space	Y - Dance - ChineseFusion Marie 7:30pm-8:30pm	Y - Dance - Cardio Gary 7:30pm-8:45pm	Open Space		
Closed	Closed	Closed	Closed	Closed			
 							
Schedule, registration and availability are subject to change, without notice. For more information, speak to our Member Experience Representatives.			Please use our YMCA of Greater Vancouver Fitness App to register in advance for group fitness classes. Drop-in spots are not guaranteed.		For most up-to-date information, please visit our website: gv.ymca.ca For more information, speak to our Member Experience Representatives.		
Langara Family YMCA: 604.324.9622			YMCA of Greater Vancouver: 604.939.9622				