







# TONG LOUIE FAMILY YMCA GROUP FITNESS SCHEDULE

FALL 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING</b>		6:05am - 6:55am Y Cyclefit - ST1 Jen	6:15am - 7:15am Group Power - ST2 Shannon	6:05am - 6:55am Y Cyclefit - ST1 Tracy	6:15am - 7:15am Group Power - ST2 June		
	8:00am - 9:00am Group Power - ST2 June			8:30am - 9:15am Y Synrgy - Fitness Floor Jacqueline		8:15am - 9:15am Y Strength - Gym Sherrie	8:15am - 9:00am Y Synrgy - Fitness Floor Tyler
	8:15am - 9:00am Y Aquafit - 25m Pool Gail	9:15am - 10:00am Y Aquafit - 25m Pool Debbie	8:15am - 9:00am Y Aquafit - 25m Pool Gail	9:15am - 10:00am Y Aquafit - 25m Pool Sandra	9:15am - 10:00am Y Aquafit - 25m Pool Jesse	8:30am - 9:15am Y Aquafit - 25m Pool Gail/Jessica	9:00am - 10:00am Y Cyclefit - ST1 Bernardo
	9:15am - 10:15am Y Strength - Gym Sherrie	10:00am - 11:00am Y Hatha Yoga - ST2 Marianne	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	9:00am - 10:00am Y Tone - ST2 Gurpreet
	11:45am - 12:45pm Y Gentle - ST2 Debbie	11:00am - 11:30am Fitness Orientation YMCA Staff	9:15am - 10:15am Y Hatha Yoga - ST2 Lynne	9:15am - 10:15am Group Power - Gym June		10:30am - 11:30am Y Vinyasa Yoga - ST2 Kerry & Barb	10:15am - 11:15am BollyX - ST2 Dildeep
			11:45am - 12:45pm Y Gentle - ST2 Debbie	10:30am - 11:30am Y Gentle - ST2 Audrey			
				11:00am - 11:30am Fitness Orientation YMCA Staff			
	5:15pm - 6:15pm Group Power - ST2 Shannon						
	6:00pm - 6:45pm Y Synrgy - Fitness Floor Jacqueline	4:00pm - 4:30pm Fitness Orientation YMCA Staff	5:30pm - 6:15pm Y-Dance Cardio - ST2 Coral	4:00pm - 4:30pm Fitness Orientation YMCA Staff			
	6:30pm - 7:30pm Y Step - ST2 Jennifer	6:15pm - 7:15pm Y Strength - ST2 Andrew	6:00pm - 6:45pm Y Synrgy - Fitness Floor Olga	6:00pm - 7:00pm BollyX - ST2 Gulnaaz	6:00pm - 6:45pm Y Synrgy - Fitness Floor Jacqueline		
7:15pm - 8:00pm Y Aquafit - 25m Pool Louise	6:30pm - 7:15pm Y Cyclefit - ST1 Surinder		6:15pm - 7:00pm Y Synrgy - Fitness Floor Gurpreet	6:00pm - 7:00pm Group Power - ST2 Varinder			
7:45pm - 8:45pm Zumba - ST2 Shama	7:30pm - 8:30pm Zumba - ST2 Joanne			7:15pm - 8:15pm Y Power Yoga - ST2 Marian			
Y Gentle	Cardio & Strength	Dance Fitness	Yoga & Stretch	Y Cycle	Y Aquafit	Fitness Orientation	
Please use our YMCA of Greater Vancouver Fitness App to Register in advance for group fitness classes. Drop-In spots are not guaranteed.  Please visit our website: <a href="http://www.gv.ymca.ca">www.gv.ymca.ca</a>		Schedules, registrations and availability are subject to change without notice.  For more information, speak to our Member Experience Representatives		View schedules Online scan the code: 		  	
Tong Louie Family YMCA: 604.575.9622		For Further Information Email: <a href="mailto:info@gv.ymca.ca">info@gv.ymca.ca</a>			YMCA of Greater Vancouver: 604.939.9622		