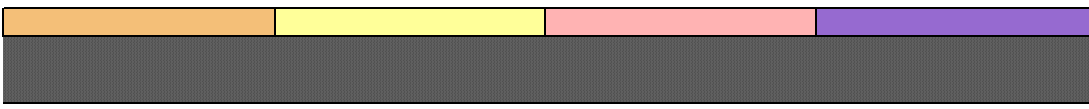


# Group Fitness effective November 21 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				Y Sweat 6:15am-7:00am Gymnasium Martha			
	Y Cycle 6:15am-7:15am Cycle Studio Hermann	Y Sweat 6:15am-7:00am Gymnasium Melissa	Y Cycle 6:15am-7:00am Cycle Studio Karen		Y Cycle 6:15am-7:15am Cycle Studio Hermann		
		Q Strength Gentle 8:30am-9:15am Velina		Q Strength Gentle 8am-8:45am Velina			
Afternoon	Y Aquafit 8:30am-9:30am Pool Lisa *No class Nov 14, 21, 28*	Y Aquafit 8:00am-8:45am Pool Kelly	Y Aquafit 8:30am-9:15am Pool Lisa *No class Nov 23*	Y Aquafit 8:00am-8:45am Pool Kelly	Yin Yoga 9:15am- 10:15am Fitness Studio Laura	Y Aquafit 9:00am-9:45am Pool Alyson/Dylan	
	Y Cycle 9:15am-10:15am Cycle Studio Gisela		Y Cycle 9:15am-10:15am Cycle Studio Martha	Y Cycle 9:15am-10:15am Cycle Studio Gary	Y Cycle 9:15am-10:15am Cycle Studio Gary	Y Cycle 9:15am-10:15am Cycle Studio Andrea	
	Y Strength 9:15am-10:15am Gymnasium Sharon	Y Step 9:15am-10:15am Fitness Studio Karen	YSweat 9:15am-10:15am Gymnasium Tanya	Y Step 9:15am-10:15am Studio Sharon	YSweat 9:15am-10:15am Gymnasium Tanya	Y Step 9:15am-10:00am Fitness Studio Krista	
	Y Gentle Aquafit 10am-10:30am Pool Cheryl	Y Aquafit 10:15am-11:00am Pool Karen		Y Gentle Aquafit 10:00am-10:30am Pool Cheryl	Y Step/Strength 10:30am-11:30am Fitness Studio Sharon		Y Restorative Yoga 10:00am-11:15am Fitness Studio Sandra
	Y Gentle Cardio 10:45am-11:30am Gymnasium Carolyn	Beginner Orientation 10:30am-11:15am	Y Gentle Cardio 10:45am-11:30am Gymnasium Pat	Q Strength 10:45am- 11:30am Fitness Floor Cheya	Y Gentle Cardio 10:45am-11:30am Gymnasium Pat/Carolyn	Y Dance 10:30am-11:30am Fitness Studio Monique	
	Y Stretch 11:45am-12:30pm Fitness Studio Carolyn	Y Gentle Basics 11:30am-12:30pm MP2 Velina	Y Vinyasa Yoga 10:45am-11:45am Fitness Studio Michelle	Y Gentle Basics 11:30am-12:30pm MP2 Carolyn			
	Q Strength Fit Floor 12p-12:45pm Cheya		Q Strength Gentle Fit Floor 12p-12:45pm Pat		Q Strength Fit Floor 12p-12:45pm Velina		
	Adult Orientation 5:45pm-6:15pm Velina			Teen Orientation 3:30pm-4:00pm			
	Y Sweat 5:30pm-6:30pm Gymnasium Josh	Y Vinyasa Yoga 5:30pm-6:30pm Fitness Studio Lisa	Y Dance 5:20pm-6:20pm Fitness Studio Monique	Y Vinyasa Yoga 5:30pm-6:30pm Fitness Studio Lisa			
	Y Aquafit 6pm- 6:45pm Alyson	Y Cycle 6:45pm-7:45pm Cycle Studio Sue	Y Hatha Yoga 6:45pm-7:45pm Fitness Studio Jenna	Y Sweat 6:45pm-8pm Gymnasium Sue			
	Q Strength Fit Floor 6:45pm-7:30pm Velina						

This schedule is subject to change.



Updated Nov 14 2022

For the most up to date schedule information, please visit our website: [gv.ymca.ca](http://gv.ymca.ca)

