



LANGARA FAMILY YMCA GROUP FITNESS SCHEDULE

Fall

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	Open Space	Open Space	Y-Hatha Yoga Danielle 7:00am- 8:00am *starting in Nov-TBD	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 Maggy - (Gymnasium) 8:00am-9:00am	Y - Strength Circuit Faye 9:00am- 9:30am SYNERGY ROOM *starting Nov 17th	Y - Gentle Strength Cheryl - (Gymnasium) 8:00am-9:00am	Y - Step & Strength Jeanette 8:15am-9:15am	Y- Hatha Yoga Polly 8:15am- 9:15am
	Open Space	Y - Tone - Andree 8:45am-9:45am	Y - Stretch Shary 9:00am-9:45am *starting Nov 23rd	Group Power Faye 09:45am-10:45am	Open Space		Open Space
	Group Power Faye 09:45am-10:45am	Y - Strength Circuit Jayson 9:45am-10:15am SYNERGY ROOM *starting Nov 15th	Y - Strength Circuit Maggy 9:45am-10:15am SYNERGY ROOM *starting Nov 16th	Y-Hatha Yoga Lucy 11:00am-11:55am	Y - Pilates Leigha 11:45am-12:15pm	Y - Hatha Yoga Bill 10:30am-11:30am	
	Open Space	Y - Dance - Line Michelle 10:00am-11:30am	Y - Barre Shary 10:00am-11:00am *starting Nov 23rd	Y - Tone-Bootcamp Maggy 12:05pm-12:45pm	Y-Hatha Yoga Leigha 12:15pm-12:45pm	Open Space	Y - Pilates Bill 11:45am-12:45pm
	Y - Gentle Jayson 12:00pm-12:45pm	Open Space	Y - Tone -Bootcamp Maggy 12:00pm-12:45pm			Beginner Capoeira Edson 12:30pm-1:30pm	
	Closed	Closed	Closed	Closed	Closed	Y - Strength & Stretch Maggy 1:45pm- 2:30pm	Y - Dance - Belly Karime 1:00pm-2:30pm
	Y - Dance-Line- Beginner- Kelly 3:00pm-4:30pm	Open Space	Open Space	Open Space	Y - Cycle Maggy 3:45pm- 4:15pm	Y-Dance- Line Linda 3:00pm-4:30pm	Y - Dance Line- Beginner Kelly 2:45pm-4:15pm
	Y - Strength Sandra 4:45pm-5:35pm	Y - Dance Bollywood Esha 4:30pm-5:30pm	Y - Strength Tommy 4:30pm-5:30pm	Y - Pilates Sylvia 3:45pm- 4:45pm	Y - Strength Tommy 4:30pm-5:20pm	Open Space	Open Space
	Y - Step Kashi 5:45pm-6:35pm	Y - Cycle Stephen 6:00pm-7:00pm	Y - Step Liz 5:45pm-6:35pm	Y - Cycle Stephen 5:00pm-6:00pm	Zumba Toning Pinky 5:30pm-6:30pm	Closed	Closed
Y - Hatha Yoga Kashi 6:45pm-7:45pm	Zumba Janice 7:15pm-8:15pm	Zumba Toning Gail 6:45pm-7:45pm	Y - Core Maggy 6:15pm-7:00pm	Y-Dance- Line Michelle 6:45pm-8:15pm			
Open Space	Open Space	Open Space	Y - Dance - Cardio Gary 7:30pm-8:45pm	Open space			
Closed	Closed	Closed	Closed	Closed			

Y Gentle	Cardio & Strength	Dance Fitness	Yoga & Stretch	Y-Cycle		
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				