## LANGARA FAMILY YMCA GROUP FITNESS SCHEDULE

## Winter

	MONDAY	TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Open Space	Open Space Y - Core Jayson 7:30am-8:30am	Open Space		Open Space	Open Space	Closed Y - Step & Strength Jeanette 8:15am-9:15am	Closed
EVENING AFTERNOON MORNING	Y - Gentle Strength Faye - (Gymnasium) 8:00am-9:00am	Y - Strength Andree 8:45am-9:45am	Y - Gentle Strength Sheila/ Maggy - (Gymnasium) 8:00am-9:00am			Y - Gentle Strength Cheryl - (Gymnasium) 8:00am-9:00am		Y- Hatha Yoga Polly 8:15am-9:15am
	Open Space Group Power	Y - Synrgy CIRCUIT Maggy 9:00am-9:30am SynergyRoom	Open Space		Y - Synrgy CIRCUIT Faye 9:00am- 9:30am	Open Space		
	Faye 09:30am-10:30am Zumba Toning	Y - Synrgy CIRCUIT  Maggy 9:30am-10:00am Synergy Room	Y - Synrgy CIR Maggy 9:20am-9:50		SYNERGY ROOM  Group Power	Y - L -Dance -Michelle 9:30am-11:00am	Open Space	Open Space
	Gail 10:40am-11:40am	Y - Yoga Shary 10:15am-11:15am	SYNERGY ROOM  Y - L -Dance -Michelle		Faye 9:45am-10:45am Y - Hatha Yoga Kristin	Y - Pilates Leigha	Y - Hatha Yoga Bill 10:45am-11:45am	Y - Sweat Tom 10:00am-11:00am
	Y - Gentle Jayson 11:50am-12:50pm	Y - Sweat Shary 11:30am-12:15pm	10:15am-11:4 Open Spac		11:00am-11:55am  Y - Tone -Bootcamp  Maggy	11:15am-12:00pm Y - Hatha Yoga Leigha	Beginner Capoeira Edson 12:00pm-1:00pm	Y - Pilates Bill 11:45am-12:45pm
	CLOSED	Open Space CLOSED	CLOSED		12:05pm-12:45pm CLOSED	12:00pm-12:45pm CLOSED	*starting in March  Y - Strength & Stretch  Maggy	Y - Dance - Belly Karime
	Open Space	Y - Dance-Chinese Fusion- Marie 3:00pm- 4:30pm	Open Space		Open Space	Open Space	1:15pm-2:00pm  Y - Dance- Hip Hop- Kelvin 2:15pm-3:15pm  Open Space	1:00pm-2:30pm  Y - Dance Line- Beginner Kelly 2:45pm-4:15pm
	Y - Strength Sandra 4:30pm-5:20pm	Y - Step David 4:45pm-5:45pm	Y - Strength Tommy 4:30pm-5:30pm		Y- Pilates Sylvia 3:45pm-4:45pm	Y - Strength Tommy 4:30pm-5:30pm	Shape Down Program 4:00pm-5:00pm	Open Space
	Y - Step Kashi 5:30pm-6:20pm	Y - Cycle Stephen 6:00pm-7:00pm	Y - Step Liz 5:45pm-6:45pm		Y - Cycle Stephen 5:00pm-6:00pm	Zumba Toning Pinky 5:45pm-6:45pm	Closed	Closed
	Y - Synrgy CIRCUIT Gary 6:00pm-6:30pm SYNERGY ROOM	Y - Synrgy CIRCUIT Tuan 5:30pm-6:00pm SYNERGY ROOM	Y - Synrgy CIRCUIT Gurvir 6:00pm-6:30pm SYNERGY ROOM Y- Yoga Danielle 7:00pm-8:00pm		Y - Synrgy CIRCUIT Gary 5:30pm-6:00pm SYNERGY ROOM	Y - Synrgy CIRCUIT Gurvir 5:00pm-5:30pm SYNERGY ROOM		
	Y- Hatha Yoga Kashi 6:30pm-7:30pm	Zumba Janice 7:15pm-8:15pm			Y- Vinyasa Yoga Faye Moffat 6:15pm-7:15pm	Y - Synrgy CIRCUIT Tuan 7:00pm-7:30pm SYNERGY ROOM		
	Y - Dance-Chinese Fusion- Kelly 7:45pm- 8:45pm	Open Space	Open Space		Y-Dance Cardio Gary 7:30pm-8:30pm			
	Closed	Closed	Closed		Closed	Closed		
	Y Gentle	Cardio & Strength	Dance Fitness  Please use		Yoga & Stretch	Y-Cycle	STRONG PERMAN	POWER
	are subject	egistration and availability to change, without notice. to our Member Experience Re	For most up-to-date information, please visit our wesbite: <u>gv.ymca.ca</u> For more information, speak to our Member Experience Representatives.					
	Langara Fam	nily YMCA: 604.324.962	Represe	ntatives.				