

TONG LOUIE FAMILY YMCA GROUP FITNESS SCHEDULE

SPRING 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00am - 7:15am	5:45am - 6:45am	6:00am - 7:00am	6:00am - 7:00am	6:00am - 7:00am		
	YStrength - ST2	Y Cyclefit - ST1	Group Power - ST2	Y Cyclefit - ST1	Group Power - Gym		
	Kimberley	Jen	Shannon	Tracy	June		
	8:00am - 9:00am		8:15am - 9:00am	8:30am - 9:15am	8:00am - 9:00am	8:15am - 9:15am	
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9	Group Power - ST2		Y Aquafit - 25m Pool	Y Synrgy - Fitness Floor Jacqueline		Y Strength - Gym	
丿	June 9:15am - 10:15am	8:15am - 9:00am	Gail 9:15am -10:15am	9:15am - 10:15am	Edward 8:15am - 9:00am	Sherrie 8:15am - 9:00am	9:00am - 10:00am
$\overline{\alpha}$	Y Strength - Gym	Y Aquafit - 25m Pool	Y Cyclefit - ST1	Y Hatha Yoga -ST2	Y Aquafit - 25m Pool		Y Cyclefit - ST1
<u>0</u>	Sherrie	Sandra	Bernardo		Gail	Y Aquafit - 25m Pool	
≥				Kami		Gail/Jessica	Bernardo
	10:30am - 11:30am	10:00am - 11:00am	10:00am - 11:00am	9:15am - 10:15am	9:15am - 10:15am	9:15am - 10:15am Zumba - ST2	9:00am - 10:00am Y Tone - ST2
	Y Hatha Yoga - ST2	Y Hatha Yoga - ST2	Y Hatha Yoga - ST2	Group Power - Gym	Y Step - ST2		
	Soan	Marianne	Lynne	June	Jennifer	Shama 9:30am - 10:30am	Gurpreet
	11:45am - 12:30pm	11:00am - 11:30am	11:45am - 12:30pm	10:30am - 11:30am	9:15am - 10:15am		10:15am - 11:15am
	Y Gentle - ST2	Fitness Orientation	Y Gentle - ST2	Y Gentle - ST2	Y Strength - Gym	Group Power - Gym	BollyX - ST2
	Debbie	YMCA Staff	Debbie	Audrey	Gareth	Shannon	Dildeep
				11:00am - 11:30am		12:00am - 12:30am	12:00am - 12:30am
				Fitness Orientation		Fitness Orientation	Fitness Orientation
				YMCA Staff		YMCA Staff	YMCA Staff
						2:30pm - 3:30pm Y Dance Hip Hop - ST2	
						Tyler	
	5:30pm - 6:30pm	4:00pm - 4:30pm	5:30pm - 6:15pm	4:00pm - 4:30pm	6:00pm - 6:45pm		
	5:30pm - 6:30pm Group Power - ST2	4:00pm - 4:30pm Fitness Orientation	5:30pm - 6:15pm Y-Dance Cardio - ST2	4:00pm - 4:30pm Fitness Orientation	6:00pm - 6:45pm Y Synrgy - Fitness Floor		
	Group Power - ST2	Fitness Orientation	Y-Dance Cardio - ST2	Fitness Orientation	Y Synrgy - Fitness Floor		
ى ئ	Group Power - ST2 Shannon	Fitness Orientation YMCA Staff	Y-Dance Cardio - ST2 Coral	Fitness Orientation YMCA Staff	Y Synrgy - Fitness Floor Jacqueline		
NG	Group Power - ST2 Shannon 6:00pm - 6:45pm	Fitness Orientation YMCA Staff 6:15pm - 7:15pm	Y-Dance Cardio - ST2 Coral 6:15pm - 7:15pm	Fitness Orientation YMCA Staff 6:00pm - 7:00pm	Y Synrgy - Fitness Floor Jacqueline 5:00pm - 6:00pm		
NING	Group Power - ST2 Shannon 6:00pm - 6:45pm Y Synrgy - Fitness Floor	Fitness Orientation YMCA Staff 6:15pm - 7:15pm Y Strength - ST2	Y-Dance Cardio - ST2 Coral 6:15pm - 7:15pm Y Cyclefit - ST1	Fitness Orientation YMCA Staff 6:00pm - 7:00pm BollyX - ST2	Y Synrgy - Fitness Floor Jacqueline 5:00pm - 6:00pm Group Power - ST2		
NIN	Group Power - ST2 Shannon 6:00pm - 6:45pm Y Synrgy - Fitness Floor Jacqueline	Fitness Orientation YMCA Staff 6:15pm - 7:15pm Y Strength - ST2 Gareth	Y-Dance Cardio - ST2 Coral 6:15pm - 7:15pm Y Cyclefit - ST1 Darren	Fitness Orientation YMCA Staff 6:00pm - 7:00pm BollyX - ST2 Gulnaaz	Y Synrgy - Fitness Floor Jacqueline 5:00pm - 6:00pm Group Power - ST2 Varinder		
EVENING	Group Power - ST2 Shannon 6:00pm - 6:45pm Y Synrgy - Fitness Floor Jacqueline 6:45pm - 7:45pm	Fitness Orientation YMCA Staff 6:15pm - 7:15pm Y Strength - ST2 Gareth 6:30pm - 7:15pm	Y-Dance Cardio - ST2 Coral 6:15pm - 7:15pm Y Cyclefit - ST1 Darren 6:30pm - 7:30pm	Fitness Orientation YMCA Staff 6:00pm - 7:00pm BollyX - ST2 Gulnaaz 6:30pm - 7:15pm	Y Synrgy - Fitness Floor Jacqueline 5:00pm - 6:00pm Group Power - ST2 Varinder		
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