

LANGARA FAMILY YMCA GROUP FITNESS SCHEDULE

September

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
M O R N I N G	6:00am					Closed	Closed
	7:00am						
	8:00am	Y-Gentle Strength (Gym) - 8:00am-9:00am	Y-Gentle Strength (Gym) - 8:00am-9:00am		Y-Gentle Strength (Gym) - 8:00am-9:00am	Y-Step & Strength (FS) - 8:15am-9:15am	Y-Hatha Yoga (FS) - 8:15am-9:15am
	9:00am	Y-Tone (FS) - 9:30am-10:30am	Y-Dance Tone (FS) - 9:30am-10:30am	Y-Synergy Rm CIRCUIT - 9:00am-9:30pm			
	10:00am	Y-Line Dance (FS) - 10:00am-11:30am	Mossa Power (FS) - 10:45am-11:45am	Y-Tone (FS) - 9:45am-10:45am	Y-Line Dance (FS) - 9:30am-11:00am	Zumba (FS) - 9:30am-10:30am Marisol	Y-Sweat (FS) - 10:00am-11:00am
	11:00am			Y-Hatha Yoga (FS) - 11:00am-11:55am	Y-Pilates (FS) - 11:15pm-12:00pm	Y-Hatha Yoga (FS) - 10:45am-11:45am	
	12:00pm	Y-Gentle (Gym) - 11:50am-12:50am			Y-Hatha Yoga (FS) - 12:00pm-12:45pm	Y-Capoeira beginner (FS) - 12:00pm-1:00pm	Y-Pilates (FS) - 11:45am-12:45pm
	1:00pm						Y-Belly Dance (FS) - 1:00pm-2:00pm
	2:00pm	Y Yoga (FS) - 1:30pm-2:30pm	Y Yoga (FS) - 1:30pm-2:30pm	Y Line Dance Beginner (FS) - 1:00pm-2:30pm		Y-Dance Hip Hop (FS) - 2:15pm-3:15pm	
	3:00pm						Y-Line Dance beginner (FS) - 2:45pm-4:15pm
A F T E R N O O N	4:00pm			Y-Pilates (FS) - 3:45pm-4:45pm		Shape Down (FS) - 4:00pm-5:00pm	
	5:00pm	Y-Step (FS) - 5:30pm-6:20pm	Y-Step (FS) - 5:45pm-6:45pm	Y-Cycle (FS) - 5:00pm-6:00pm	Y-Step (FS) - 5:45pm-6:45pm		
	6:00pm	Y-Hatha Yoga (FS) - 6:30pm-7:30pm			Zumba (FS) - 5:45pm-6:45pm Pinky		
	7:00pm	Zumba (FS) - 7:15pm-8:15pm Janice	Y-Line Dance (FS) - 7:00pm-8:30pm	Zumba (FS) - 7:00pm-8:00pm Marisol	Y-Yoga (FS) - 7:00pm-8:00pm		
	8:00pm						
E V E N I N G							
	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				