



# Group Fitness Schedule

Bettie Allard YMCA

Fall 2023



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	Y Hatha Yoga Maria 6:00am-7:00am		Y Vinyasa Flow Maria 6:00am-7:00am		Ashtanga Yoga Maria 6:00am-7:00am		
	Y Cycle Fit Karen 6:00am-6:45am		Y Cycle Fit Karen 6:00am-6:45am		Y Cycle Fit Karen 6:00am-6:45am		
			Y Synrgy Rojan 8:00am-8:45am				
		Y Salsa Barbara 9:15am-10:15am		Zumba Bianca 9:15am-10:15am	Y Cycle Fit Marisa 9:00am-9:45am	Zumba Barbara 9:00am-10:00am	Y Synrgy Jessica S 9:00am-9:45am
AFTERNOON	Y Hula Hoop Fitness*NEW* Maria 9:15am-10:15am	Power Yoga Jessica E 9:30am-10:30am	Zumba Barbara 9:15am-10:15am	Y Step & Sculpt *NEW* Sara Z 9:15am-10:15am		Y Cycle Fit Marisa 9:30am-10:15am	
		Y Shallow Aqua Fit Bianca 9:15am-10:00am	Y Deep Aqua Fit Bianca 9:15am-10:00am		Cardio Dance*Bi-weekly* Bianca 9:15am-10:15am	Y Step & Sculpt Sara Z/Bianca 10:15am-11:15am	Y Core Jessica S 10:15am-11:15am
		Y Synrgy Russ 10:15am-11:00am		Y Synrgy Russ 10:15am-11:00am		Y Hatha Yoga Emily 11:30am-12:30pm	
	Y Hatha Yoga Jessica E 11:00am-12:00pm	Y Pilates Bianca/Dorothea 11:00am-12:00pm	Y Vinyasa Flow Jill S 11:30am-12:30pm	Y Gentle Yoga Connie 11:00am-12:00pm	Y Hatha Yoga Jessica E 11:30am-12:30pm	Line Dance Kelly Lim 1:00pm-2:30pm	
	Y Chair Yoga Connie 12:15pm-1:15pm	Y Gentle Yoga Connie 12:15pm-1:15pm	Y Shallow Aqua Fit*Oct.* Nima 11:15am-12:00pm			Y Shallow Aqua Fit Nima 2:00pm-2:45pm	
			Fluid Hatha Yoga*Oct.* Thomas 4:30pm-5:30pm		Line Dance Linda & Susan 4:30pm-6:00pm		Fluid Hatha Yoga*Oct.* Thomas 4:00pm-5:00pm
	Y Synrgy Ishwarjot 5:00pm-5:45pm	Y Synrgy Ishwarjot 5:00pm-5:45pm	Y Synrgy Jessica S 5:00pm-5:45pm	Y Synrgy Ishwarjot 5:00pm-5:45pm	Y Synrgy Ishwarjot 5:00pm-5:45pm		
	Y Circuit Brian 6:00pm-7:00pm		Y Circuit Jessica S 6:00pm-7:00pm	Subtle Mindful Yoga *Oct.* Ruby 5:00-6:00pm	Y Circuit Brian 6:00pm-7:00pm		
	Y Core Jessica S 6:00pm-7:00pm	Y Synrgy Ishwarjot 6:00pm-6:45pm	Y Pilates Giovanna 6:00pm-7:00pm	Y Synrgy Ishwarjot 6:00pm-6:45pm	Zumba Barbara 6:30pm-7:30pm		
	Y Cycle Fit Lucia 6:00-6:45pm		Y Cycle Fit Lucia 6:00-6:45pm	Y Salsa Barbara 6:15pm-7:15pm	Y Shallow Aqua Fit Aida 7:45pm-8:30pm		
EVENING	Zumba Barbara 7:30pm-8:30pm	Y Yoga Emily 8:00pm-9:00pm	Y Hatha Yoga Hannah 8:00pm-9:00pm	Yoga Nidra Connie 7:30pm-8:30pm	Y Vinyasa Hannah 8:00pm-9:00pm		
Locations of classes:							
	Studio	Gymnasium	Pool	Fitness Floor	Cycle Studio		

Bettie Allard YMCA: 604-686-9622	For Membership Inquiries: info@bc.ymca.ca 604-939-9622	Updated: Sept. 21st, 2023
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