







TONG LOUIE FAMILY YMCA GROUP FITNESS SCHEDULE

FALL 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	6:00am - 7:00am Y Strength - Gym Kim	5:45am - 6:45am Y Cyclefit - ST1 Jen	6:00am - 7:00am Group Power - ST2 Shannon	6:00am - 7:00am Y Cyclefit - ST1 Tracy	6:00am - 7:00am Group Power - Gym June	7:30am - 8:15am Y Cyclefit Express- ST1 Darren/Gareth	8:15am - 9:00am Y Aquafit - 25m Pool Tanya
	8:00am - 9:00am Group Power - ST2 June	6:30am - 7:15am Y Synergy - Fitness Floor Anisha	8:15am - 9:00am Y Aquafit - 25m Pool Gail	8:30am - 9:15am Y Synrgy - Fitness Floor Jacqueline	8:15am - 9:00am Y Aquafit - 25m Pool Gail	8:15am - 9:15am Y Strength - Gym Sherrie	9:00am - 10:00am YCycle & Strength - ST1 Bernardo
	8:15am - 9:00am Y Aquafit - 25m Pool Sandra	8:45am - 9:45am Y Chair Yoga - ST2 Gail	9:15am -10:15am Y Cyclefit - ST1 Bernardo	8:45am - 9:45am Y Chair Yoga - ST2 Gail	9:15am - 10:15am Y Step - ST2 Jennifer	8:15am - 9:00am Y Aquafit - 25m Pool Gail/Jessica	9:00am - 10:00am Y Tone - ST2 Gurpreet
	9:15am - 10:15am Y Strength - Gym Sherrie	9:15am - 10:15am Group Power - Gym Gareth	10:00am - 11:00am Y Hatha Yoga - ST2 Lynne	9:15am - 10:15am Group Power - Gym June	9:15am - 10:15am Y Strength - Gym Gareth	9:15am - 10:15am Zumba Toning - ST2 Gaby	10:30am - 11:15am Y Synergy - Fitness Floor Tyler
	10:30am - 11:30am Y Hatha Yoga - ST2 Soan	10:00am - 11:00am Y Hatha Yoga - ST2 Marianne		10:30am - 11:30am Y Gentle - ST2 Audrey	10:30am - 11:30am Y Hatha Yoga - ST2 Irene	9:30am - 10:30am Group Power - Gym Shannon	10:15am - 11:15am BollyX - ST2 Dildeep
		11:15am - 12:15pm Y Gentle - ST2 Audrey (Start Oct 3rd)		11:00am - 11:30am Fitness Orientation YMCA Staff		10:45am - 11:45am Y Hatha Yoga - ST2 Karen	12:00am - 12:30am Fitness Orientation YMCA Staff
		11:00am - 11:30am Fitness Orientation YMCA Staff				12:00am - 12:30am Fitness Orientation YMCA Staff	2:30pm - 3:00pm Teen Orientation YMCA Staff
						2:30pm - 3:30pm Y Synergy - Fitness Floor Tyler	
						2:30pm - 3:00pm Teen Orientation YMCA Staff	
EVENING	5:30pm - 6:15pm YCyclefit Express - ST1 Shannon						
	5:30pm - 6:30pm Group Power - ST2 Tom	4:00pm - 4:30pm Fitness Orientation YMCA Staff		4:00pm - 4:30pm Fitness Orientation YMCA Staff	3:00pm - 3:30pm Teen Orientation YMCA Staff		
	6:00pm - 6:45pm Y Synrgy - Fitness Floor Jacqueline	6:15pm - 7:15pm Y Strength - ST2 Andrew	5:30pm - 6:15pm Y-Dance Cardio - ST2 Coral	6:00pm - 7:00pm BollyX - ST2 Gulnaaz	6:00pm - 6:45pm Y Synrgy - Fitness Floor Jacqueline		
	6:45pm - 7:45pm Y Step - ST2 Jennifer	6:30pm - 7:15pm Y Cyclefit Express - ST1 Surinder	6:15pm - 7:15pm Y Cyclefit - ST1 Darren	6:30pm - 7:15pm Y Synrgy - Fitness Floor Gurpreet	6:30pm - 7:30pm Zumba - ST2 Gaby		
	7:15pm - 8:00pm Y Aquafit - 25m Pool Louise	7:30pm - 8:30pm Zumba - ST2 Joanne	6:30pm - 7:30pm Y Tone - ST2 Gareth	7:15pm - 8:15pm Group Power - ST2 Varinder			
	Y Gentle	Cardio & Strength	Dance Fitness	Yoga & Stretch	Y Cycle	Y Aquafit	Fitness Orientation
	Please use our YMCA of British Columbia Fitness App to Register for group fitness classes. Drop-in spots are not guaranteed. Please visit our website: www.gv.ymca.ca		Schedules, registrations and availability are subject to change without notice. For more information, speak to our Member Experience Representatives	Online schedules: 		  	
	Tong Louie Family YMCA: 604.575.9622		For Further Information Email: info@bc.ymca.ca			YMCA of British Columbia: 604.939.9622	

FOR ACCURACY ALWAYS CHECK MINDBODY ON OUR WEBSITE

UPDATED AS OF: SEPTEMBER 19th 2023