

Group Fitness Schedule Effective April 2nd - June 30th

Stat Holidays: Mar 29th, Apr 1st, May 20th No classes, pool or programs.

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|---|--|---|---|
| Y Cycle 6:15am-7:15am Cycle Studio Hermann | Y Strength 6:15am-7:00am Gymnasium Shawn | Y Cycle 6:15am-7:00am Cycle Studio Karen | Y Sweat 6:15am-7:00am Gymnasium Martha | Y Cycle 6:15am-7:15am Cycle Studio Hermann | | |
| | Q Strength Gentle 8:30am-9:15am Velina | | Q Strength Gentle 8am-8:45am Velina | | | |
| Y Aquafit 8:00am-9:00am Pool Lisa No Class Ap 22 | Y Aquafit 8:00am-8:45am Pool Kelly | Y Aquafit 8:00am - 9:00am Pool Lisa No Class Ap 24 | Y Aquafit 8:00am-8:45am Pool Kelly | Y Aquafit 8:00am-9:00am Pool Lisa | Y Aquafit 9:00am-9:45am Pool Dylan | |
| Y Hatha Yoga 9:00am - 10:00am Fitness Studio Erin | | Y Cycle 9:15am-10:15am Cycle Studio Martha | Y Cycle 9:15am-10:15am Cycle Studio Gary | Y Yin Yoga 9:00am-10:15am Fitness Studio Laura | | |
| Y Cycle 9:15am-10:15am Cycle Studio Gisela | | Y Sweat 9:15am-10:15am Gymnasium Jenn/Michelle/ Velina | Y Step 9:15am - 10:15am Fitness Studio Sharon | Y Sweat 9:15am-10:15am Gymnasium Tanya | Y Cycle 9:15am-10:15am Cycle Studio Andrea | |
| Y Strength 9:15am-10:15am Gymnasium Sharon | Y Step & Strength 9:15am-10:15am Fitness Studio Karen | Y Vinyasa Yoga 10:45am - 11:45am Fitness Studio Cassidy | Y Gentle Aquafit 10am-10:30am Pool Kelly | | Y Step & Strength 9:15am - 10:15am Fitness Studio Krista | |
| Adult Water Walking 10am-10:30am Pool | Y Aquafit 10:00am-10:45am Pool Karen | Y Gentle Cardio 10:45am-11:30am Gymnasium Pat | Y Dance 10:45am - 11:45am Fitness Studio Brenda Starting April 25th | Y Step & Strength 10:45am-11:45am Fitness Studio Sharon | | Y Restorative Yoga 10:00am-11:15am Fitness Studio Sandra |
| Y Gentle Cardio 10:45am-11:30am Gymnasium Carolyn | Q Strength 10:30am - 11:15am Fitness Floor Angela | Equipment Orientation 11:00am - 12:00pm Velina | Q Strength 10:30am - 11:15am Fitness Floor Sheridan | Y Gentle Cardio 10:45am-11:30am Gymnasium Pat/Carolyn | | |
| Y Stretch 11:45am-12:30pm Fitness Studio Carolyn | Adult Walking 11:00am - 11:30am Gymnasium | Q Strength Gentle Fit Floor 12:00pm - 12:45pm Pat | Adult Walking 11:00am - 11:30am Gymnasium | | Y Dance 10:30am - 11:30am Fitness Studio Monique | |
| Cardio Connection 1:00pm - 2:00pm Carol | Y Gentle Basics 11:30am-12:30pm MP2 Velina | Adult Water Walking 2:00pm - 2:30pm Pool | Y Gentle Basics 11:30am-12:30pm MP2 Carolyn | Y Gentle Cardio & Tone 1:00pm - 2:00pm MP 2/3 Carol | | |
| Pre-Teen Orientation (11 & 12 y/o) 4:30pm - 5:00pm Sheridan | | Teen Orientation (13-15y/o) 4:30pm - 5:30pm Gurinder | | Adult Water Walking 2:00pm - 2:30pm Pool | | |
| Y Bollywood Dance 5:00pm - 5:45pm Fitness Studio Priya | | Equipment Orientation 5:30pm - 6:30pm Gurinder | | | | |
| Y Sweat 5:30pm-6:30pm Gymnasium Josh | Y Vinyasa Yoga 5:30pm-6:30pm Fitness Studio Kate/Kali | Y Hatha Yoga 5:30pm-6:30pm Fitness Studio Cassidy | Y Vinyasa Yoga 5:30pm-6:30pm Fitness Studio Lisa | Y Sweat 5:30pm - 6:30pm Fitness Studio Lisa | | |
| Teen Orientation (13-16 y/o) 6:00pm - 7:00pm Gurinder | | Y Strength 5:30pm-6:30pm Gymnasium Lisa | | | | |
| Y Core Fitness Studio 6:45pm-7:30pm Sue | Y Cycle 6:45pm-7:45pm Cycle Studio Sue | Y Cycle 6:45pm-7:45pm Cycle Studio Andrea/Rob | Y Sweat 6:45pm-7:45pm Gymnasium Sue/Lisa | | | |
| Y Aquafit 7:15pm - 8:00pm Pool Dylan/Lisa | | Y Aquafit 7:15pm - 8:00pm Pool Michelle | Y Aquafit 7:15pm - 8:00pm Pool Karen/Lisa | | | |

Updated Apr 17th 2024

Pre-Registration Recommended on Mindbody, updated cancellations to be posted on Mindbody