



# Langara Family YMCA Group Fitness Schedule

Updated May 1, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Y Gentle Gym 8:00am-9:00am	Y Gentle Gym 8:00am-9:00am	Y Gentle Gym 8:00am-9:00am		Y Gentle Gym 8:00am-9:00am	Y Step & Strength FS 8:15am-9:00am	Y Hatha Yoga FS 8:15am-9:15am
Y-Synrgy Synrgy Room 9:00am-9:45am	Y-Synrgy Synrgy Room 9:00am-9:45am	Zumba Toning FS 9:30am-10:30am	Y Tone FS 9:45am-10:45am	Group Power FS 9:30am-10:30am	Y-Synrgy Synrgy Room 10:00am-10:45am	Zumba FS 9:30am-10:15am
Y Tone FS 9:30am-10:30am	Y Line Dance FS 10:00am-11:30am	Group Power FS 10:45am-11:45am	Y Gentle Gym 11:00am-12:00pm	Y Pilates FS 11:15am-12:05pm	Y Dance MPR 10:30am-11:45am	Y-Synrgy Synrgy Room 10:00am-10:45am
Y Yoga FS 10:45am-11:45am	Y-Synrgy Synrgy Room 10:30am-11:15am		Y Line Dance FS 12:45pm-2:15pm	Y Hatha Yoga FS 12:15pm-1:05pm	Y Hatha Yoga FS 10:45am-11:45am	Y Sweat FS 10:30am-11:30am
Y Gentle Gym 11:50am-12:50pm				Y Line Dance FS 1:30pm-3:00pm	Y-Synrgy Synrgy Room 10:45am-11:30am	Y-Synrgy Synrgy Room 10:45am-11:30am
Y Line Dance FS 1:00pm-2:30pm		Y Hatha Yoga FS 1:15pm-2:15pm			Y Capoeira FS 12:00pm-1:00pm	Y Pilates FS 11:45am-12:45pm
		Y Line Dance FS 2:45pm-4:15pm	Y Pilates FS 3:45pm-4:45pm		Y Yin Yoga FS 3:00pm-4:00pm	Y Belly Dance FS 1:00pm-2:15pm
Y Strength FS 4:30pm-5:20pm	Y Tone FS 4:45pm-5:45pm	Y Strength FS 4:30pm-5:30pm	Y Cycle FS 5:00pm-6:00pm	Y Strength FS 4:30pm-5:30pm		
Y Step FS 5:30pm-6:20pm		Y Synrgy FS 5:45pm-6:15pm	Y Synrgy FS 5:30pm-6:15pm	Y Synrgy Synrgy Room 5:30pm-6:15pm		
Y Synrgy Synrgy Room 5:30pm-6:15pm		Y Step FS 5:45pm-6:45pm	Y Step FS 6:10pm-7:10pm	Y Tone FS 5:45pm-6:45pm		
				Bollywood MPR 5:45pm-6:45pm		
Y Hatha Yoga FS 6:30pm-7:20pm	Y Cycle FS 6:00pm-7:00pm					
Salsation FS 7:30pm-8:30pm	Zumba FS 7:15pm-8:15pm	Salsation FS 7:30pm-8:30pm	Y Line Dance FS 7:15pm-8:30pm	Y Line Dance FS 7:00pm-8:30pm		

Online Schedule



For live updates, please check the YMCA BC app.  
This schedule is subject to change without notice.

Cycle	Y Gentle	Dance Fitness	Strength/Cardio	Synrgy	Yoga/Pilates
-------	----------	---------------	-----------------	--------	--------------