



TONG LOUIE FAMILY YMCA GROUP FITNESS SCHEDULE

SPRING 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	6:00am - 7:00am Y Strength - ST2 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 Y Boot Camp - ST2 Andra	8:00am - 8:45am Y Cyclefit Express- ST1 Darren/Shannon	7:30am - 8:15am Y Synergy - Fitness Floor Anisha
	8:00am - 9:00am Group Power - ST2 June	8:45am - 9:45am Y Chair Yoga - ST2 Gail	8:15am - 9:00am Y Aquafit - 25m Pool Gail	8:15am - 9:00am Y Aquafit - 25m Pool Heather	8:15am - 9:00am Y Aquafit - 25m Pool Sandra	8:15am - 9:00am Y Aquafit - 25m Pool Jessica	9:00am - 10:00am YCycle & Strength - ST1 Bernardo
	8:15am - 9:00am Y Aquafit - 25m Pool Sandra	9:15am - 10:15am Group Power - Gym Gareth	9:00am - 9:45am Y Tone - ST2 Claudia	8:30am - 9:15am Y Synrgy - Fitness Floor Jacqueline	9:15am - 10:15am Y Step - ST2 Jennifer	8:15am - 9:15am Y Strength - Gym Sherrie	10:15am - 11:15am BollyX - ST2 Dildeep
	9:15am - 10:15am Y Strength - Gym Sherrie	10:00am - 11:00am Y Hatha Yoga - ST2 Marianne	9:15am - 10:15am Y Cyclefit - ST1 Bernardo	9:15am - 10:15am Y Chair Yoga - ST2 Gail	9:15am - 10:15am Y Strength - Gym Gareth	9:15am - 10:15am Zumba Toning - ST2 Gaby	11:30am - 12:30pm Y Breathing - ST2 Laurie
	10:30am - 11:30am Y Hatha Yoga - ST2 Soan	11:15am - 12:15pm Y Gentle - ST2 Jacqueline	10:00am - 11:00am Y Hatha Yoga - ST2 Lynne	9:15am - 10:15am Group Power - Gym June	10:30am - 11:30am Y Hatha Yoga - ST2 Irene	9:30am - 10:30am Group Power - Gym June/Shannon	
		11:00am - 11:30am Fitness Orientation YMCA Staff	10:30am - 11:30pm Y Thrive 1st Session Vino	10:30am - 11:30am Y Gentle - ST2 Jacqueline		10:45am - 11:45am Y Hatha Yoga - ST2 Karen	
			11:30am - 12:00pm Y Thrive Follow-Up Vino	11:00am - 11:30am Fitness Orientation YMCA Staff		12:00pm - 12:30pm Fitness Orientation YMCA Staff	
EVENING	3:00pm - 4:00pm Y Thrive 1st Session Jacqueline						
	5:30pm - 6:15pm YCyclefit Express - ST1 Shannon	4:00pm - 4:30pm Fitness Orientation YMCA Staff	5:30pm - 6:15pm Y-Dance Cardio - ST2 Coral				
	5:30pm - 6:30pm Group Power - ST2 Tom	5:45pm - 6:45pm Zumba - ST2 Joanne	6:15pm - 7:15pm Y Cyclefit - ST1 Darren	4:00pm - 4:30pm Fitness Orientation YMCA Staff	3:00pm - 4:00pm Y Thrive 1st Session Jacqueline		
	6:00pm - 6:45pm Y Synrgy - Fitness Floor Kim	6:30pm - 7:15pm Y Cyclefit Express - ST1 Surinder	6:30pm - 7:30pm Y Step & Sculpt - ST2 Ildi	5:30pm - 6:15pm Y Core & Stretch - ST1 Andrew	5:45pm - 6:30pm Y Tone - ST2 Kim		
	6:45pm - 7:45pm Y Step - ST2 Jennifer	7:00pm - 8:00pm Y Strength - ST2 Andrew	6:45pm - 7:45pm Y Tone - Gym Gareth	6:00pm - 7:00pm BollyX - ST2 Gulnaaz	6:00pm - 6:45pm Y Synrgy - Fitness Floor Jacqueline		
	7:15pm - 8:00pm Y Aquafit - 25m Pool Louise	8:15pm - 9:15pm Y Barre - ST2 Jaden	8:00pm - 9:00pm Y Hatha Yoga - ST2 Parisa	6:30pm - 7:15pm Y Synrgy - Fitness Floor Abdul	6:45pm - 7:30pm Zumba Toning - ST2 Gaby		
	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.			Schedules, registrations and availability are subject to change without notice. For more information, speak to our Member Experience Representatives		Online schedules: 	  	
Please visit our website: www.gv.ymca.ca							
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: April 9, 2024