



# TONG LOUIE FAMILY YMCA GROUP FITNESS SCHEDULE

WINTER 2025

MORNING

EVENING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00am - 9:00am Group Power - ST2 June	5:45am - 6:45am Y Cyclefit - ST1 Jen	6:00am - 7:00am Group Power - ST2 Shannon	6:00am - 7:00am Y Cyclefit - ST1 Tracey	6:00am - 6:45am Y Cyclefit - ST1 Shannon	8:00am - 8:45am Y Cyclefit Express- ST1 Darren/Gareth	7:30am - 8:30am Y Core & Stretch - ST2 Andy
8:15am - 9:00am Y Aquafit - 25m Pool Andy	8:00am - 8:45am Y Yoga - ST2 Supriya	8:15am - 9:00am Y Aquafit - 25m Pool Gail	8:45am - 9:30am Y Chair Yoga - ST2 Gail	8:00am - 9:00am Y Yoga - ST2 Supriya	8:15am - 9:00am Y Aquafit - 25m Pool Jessica	8:15am - 9:00am Y Synrgy - Fitness Floor Gurpreet
9:15am - 10:00am Y Aquafit - 25m Pool Andy	8:15am - 9:00am Y Aquafit - 25m Pool Andy	8:00am - 8:45am Y Synrgy - Fitness Floor Mei	9:15am - 10:15am Group Power - Gym June	8:15am - 9:00am Y Aquafit - 25m Pool Sandra	8:15am - 9:15am Y Strength - Gym Sherrie	9:00am - 10:00am YCycle & Strength - ST1 Bernardo
9:15am - 10:15am Y Cardio Strength - ST2 Ildi	9:00am - 9:45am Y Chair Yoga - ST2 Gail	9:00am - 9:45am Y Tone - ST2 Claudia	10:30am - 11:30am Y Yoga - ST2 Irene	9:15am - 10:00am Y Aquafit - 25m Pool Sandra	9:15am - 10:15am Zumba Toning - ST2 Gaby	9:00am - 10:00am BollyX - ST2 Dildeep
9:15am - 10:15am Y Strength - Gym Sherrie	9:15am - 10:00am Y Aquafit - 25m Pool Andy	9:00am - 10:00am Y Cyclefit - ST1 Bernardo	11:45am - 12:45pm Y Gentle - ST2 Jacqueline	9:15am - 10:15am Y Step - ST2 Jennifer	9:30am - 10:30am Group Power - Gym June/Shannon	10:15am - 11:00am Group Power Express - ST2 Tom
10:30am - 11:30am Y Yoga - ST2 Soan	10:00am - 11:00am Y Yoga - ST2 Marianne	10:00am - 11:00am Y Yoga - ST2 Lynne		9:15am - 10:15am Y Strength - Gym Gareth	9:30am - 12:00pm ST1 Registered Program	9:30am-10:30am Y Thrive 1st Session Andy
11:30am-12:30pm Y Thrive 1st Session Andy	11:15am - 12:15pm Y Gentle - ST2 Jacqueline	11:15am - 12:15pm Y Gentle - ST2 Andy		11:30am-12:30pm Y Thrive 1st Session Vino	11:45am-12:45pm Fitness Floor Jacqueline Fitness Orientation	11:15am - 12:15pm ST2 Registered Program
	1:00pm - 3:30pm ST1 Registered Program				10:45am - 11:45am Y Yoga - ST2 Barbara/Irene	11:30am - 12:30pm Y Breathing - ST1 Laurie
3:00pm - 4:00pm Y Thrive 1st Session Jacqueline	5:30pm - 6:15pm Y Synrgy - Fitness Floor Abdul	5:30pm - 6:15pm Y-Dance Cardio - ST2 Coral			1:00pm - 2:30pm ST2 Registered Program	1:00pm - 4:00pm ST2 Registered Program
5:30pm - 6:15pm YCyclefit Express - ST1 Shannon	5:45pm - 6:45pm Zumba - ST2 Joanne	6:00pm-6:30pm Fitness Floor Abdul Fitness Orientation	3:00pm - 4:00pm Y Thrive 1st Session Andy	5:30pm - 6:30pm Y Strength - ST2 Jacqueline	2:15pm-3pm Y Synrgy - Fitness Floor Robin	
5:30pm - 6:30pm Group Power - ST2 Tom	6:30pm - 7:15pm Y Cyclefit Express - ST1 Surinder	6:15pm - 7:15pm Y Cyclefit - ST1 Darren	5:30pm - 6:15pm Y Core & Stretch - ST1 Andrew	1:00pm - 3:30pm ST1 Registered Program	5:00pm - 6:00pm Y Strength - ST2 Robin	
6:30pm - 8:30pm ST1 Registered Program	7:00pm - 8:00pm Zumba - ST2 Adriana	6:30pm-7:00pm Fitness Floor Abdul Fitness Orientation	6:00pm - 7:00pm BollyX - ST2 Gulnaaz	6:45pm - 7:30pm Zumba Toning - ST2 Gaby		
6:45pm - 7:45pm Y Step - ST2 Jennifer	7:30pm-8:30pm Y Thrive 1st Session Abdul	6:30pm - 7:30pm Y Cardio Strength - ST2 Ildi	6:30pm - 8:30pm ST1 Registered Program			
7:30pm-8:15pm Y Aquafit - 25m Pool Louise	8:00pm - 9:00pm ST1 Registered Program	6:45pm - 7:45pm Group Power - Gym June	6:30pm - 7:15pm Y Synrgy - Fitness Floor Abdul			
8:00pm - 9:00pm Zumba - ST2 Roselle	8:15pm - 9:15pm Y Barre - ST2 Jaden	8:00pm - 9:00pm Y Yoga - ST2 Jyotika	7:15pm - 8:15pm Y Strength - ST2 Andy			
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: <a href="http://www.gv.ymca.ca">www.gv.ymca.ca</a>		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: <a href="mailto:info@bc.ymca.ca">info@bc.ymca.ca</a>			YMCA of British Columbia: 604.939.9622	

FOR ACCURACY ALWAYS CHECK MINDBODY ON OUR WEBSITE

UPDATED AS OF: March 11, 2025