

## **Bob Chan-Kent Family YMCA**

Group Fitness Schedule
Winter Holidays: December 22<sup>nd</sup> – 28<sup>th</sup>

(G) Gymnasium · (CS) Cycle Studio · (FS) Fitness Studio · (MP) Multi-Purpose Room 2/3 · (P) Pool · **Room Guide:** (FF) Fitness Floor

	(FF) Fitne	ess Floor				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DECEMBER	DECEMBER	DECEMBER	DECEMBER	DECEMBER	DECEMBER	DECEMBER
<b>22ND</b>	23RD	24TH	25TH	26TH	27TH	28TH
Morning/Afternoon - Open to 4:00pm						
<b>C</b> I- (CC)	Character (C)	<b>6</b>		<b>BOXING DAY -</b>		
Cycle (CS)	Strength (G)	Cycle (CS)	<b>FACILITY</b>	NO CLASSES,		
6:15am –	6:15am –	6:15am -	CLOSED	POOL OR		
7:15am	7:00am	7:15am		PROGRAMS		
Aquafit (P)	Aquafit (P)	Aquafit (P)			Aquafit (P)	
8:00am -	8:00am -	8:00am –			9:00am -	
9:00am	8:45am	9:00am			9:45am	
J.00dill		J.OUdill			J. TJaili	
Uatha Vaga	Strength & Balance	Dance (FC)				
Hatha Yoga		Dance (FS)				
(FS) 9:15am -	Express (MP)	9:15am -				
10:15am	8:30am –	10:15am				
	9:15am					
Strength (G)	Step &				Step (FS)	
9:15am -	Strength (FS)				9:15am –	
10:15am	9:15am –				10:15am	
10.13411	10:15am				10.134111	
Cycle (CS)		Cycle (CS)			Cycle (CS)	Cycle (CS)
9:15am –		9:15am –			9:15am –	9:15am –
10:15am		10:15am			10:15am	10:15am
Adult Water						
	<b>Aquafit</b> (P)					
Walking (P)	10:00am -					
10:00am -	10:45am					
10:30am						
<b>Gentle Cardio</b>	Strength	<b>Gentle Cardio</b>				
(G) 10:45am -	Express (FS)	(G) 10:45am -				
11:30am	10:45am -	11:30am				
11.504111	11:30am	11.50am				
Ctuateb (FC)	Adult Walking					
Stretch (FS)	Adult Walking					
11:45am –	(G) 11:00am -					
12:30pm	11:30am					
		Strength &			Bollywood	
<b>Lunch Express</b>	<b>Gentle Basics</b>	Balance			Burn (FS)	
(MP) 12:15pm -	(MP) 11:30am -	Express (MP)			1:00pm -	
12:45pm	12:30pm	12:00pm - ´			1:45pm	
'	'	12:45pm			1143pm	
<b>Gentle Cardio</b>		Adult Water				
& Tone (G)		Walking (P)				
1:30pm -		2:00pm -				
2:30pm		2:30pm				
p	<u> </u>		ing – 4:00pm -	Close		<u> </u>
Teen Lvening - 4.00pm - Close						
Orientation						
(FF) 3:45pm –						
4:45pm						
•						
Ashtanga	Vinyasa Yoga					
Vinyasa Yoga	(FS) 5:30pm -					
(FS) 5:30pm -	6:30pm					
6:30pm						
Sweat (G)						
5:30pm -						
6:30pm						
Core (FS)	Cycle (CS)					
6:45pm -	6:45pm -					
7:45pm	7:45pm					
<b>Aquafit</b> (P)						
7:15pm –						
8:00pm						
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	For bo	ookings, live updat	es, instructors a	nd class descriptio	ns, please check t	the YMCA BC app.