



Langara Family YMCA Group Fitness Schedule

Updated July 13, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Y Gentle Gym-Faye 8:00am-9:00am	Y Gentle Gym-Andree 8:00am-9:00am	Y Gentle Gym-Andree 8:00am-9:00am	Y-Synrgy-SM Synrgy Room 8:45-9:30am	Y Gentle Gym-Cheryl 8:00am-9:00am	Y Step & Strength FS-Jeanette 8:15am-9:00am	Y Hatha Yoga FS-Polly 8:15am-9:15am
Y-Synrgy-Reno Synrgy Room 9:00am-9:45am	Y-Synrgy-Reno Synrgy Room 9:00am-9:45am	Zumba Toning FS-Gail 9:30am-10:30am	Y Tone FS-Faye 9:45am-10:45am	Group Power FS-Brenden 9:30am-10:30am	Y-Synrgy-Reno Synrgy Room 10:00am-10:45am	Y Cardio Dance FS-Marisol 9:30-10:15am
Y Tone FS-Faye 9:30am-10:30am	Y Line Dance FS-Michelle 10:00am-11:30am	Group Power FS-Cheryl 10:45am-11:45am	Y Gentle Gym-Faye 11:00am-12:00pm	Y Pilates FS-Leigha 11:15am-12:05pm	Y Cardio Dance MPR-Gary 10:30am-11:45am	Y-Synrgy-Reno Synrgy Room 10:00am-10:45am
Y Yoga/Core FS-Shary 10:45am-11:45am	Y-Synrgy-Reno Synrgy Room 10:30am-11:15am		Y Line Dance FS-Angela 12:45pm-2:15pm	Y Hatha Yoga FS-Leigha 12:15pm-1:05pm	Y Hatha Yoga FS-Bill 10:45am-11:45am	Y Sweat FS-Tom 10:30am-11:30am
	Y Strength FS-Daniela 12:00pm-1:00pm		Y Thrive Fitness-SM 1:00-1:45pm		Y-Synrgy-Reno Synrgy Room 10:45am-11:30am	Y-Synrgy Synrgy Room 10:45am-11:30am
Y Line Dance FS-Angela 1:00pm-2:30pm	Y Thrive Fitness-Jacky 1:00-1:45pm	Y Hatha Yoga FS-Na 1:15pm-2:15pm		Y Line Dance FS-Michelle 1:30pm-3:00pm	Y Capoeira FS-Edson 12:00pm-1:00pm	Y Pilates FS-Bill 11:45am-12:45pm
		Y Line Dance FS-Kelly 2:45pm-4:15pm		Y Thrive Fitness-Reno 4:00-4:45pm	Y Stretch-SM FS 3:00pm-3:45pm	Y Thrive Fitness-Jacky 12:00-12:45pm
Y Strength FS-Sandra 4:30pm-5:20pm	Y Tone FS-Faye 4:45pm-5:45pm	Y Strength FS-Tommy 4:30pm-5:30pm	Y Cycle FS-Stephen 5:00pm-6:00pm	Y Strength FS-Tommy 4:30pm-5:30pm		Y Belly Dance FS-Karime 1:00pm-2:15pm
Y Synrgy-Jacky Synrgy Room 5:30pm-6:15pm		Y Thrive Fitness-Reno 5:00-5:45pm	Y Synrgy Synrgy Room-Jacky 5:30pm-6:15pm	Y Synrgy-Reno Synrgy Room 5:30pm-6:15pm		
Y Step FS-Kashi 5:30pm-6:20pm		Y Synrgy FS-Faye 5:30pm-6:15pm	Y Step FS-David 6:10pm-7:10pm	Y Tone FS-Faye 5:45pm-6:45pm		
Y Hatha Yoga FS-Kashi 6:30pm-7:20pm		Y Step FS-Liz C 5:45pm-6:45pm		Bollywood MPR-Amir 5:45pm-6:45pm		
	Y Cycle FS-Stephen 6:00pm-7:00pm	Y Thrive Fitness-Reno 6:00-6:45pm	Y Thrive Fitness 6:00-6:45pm			
	Zumba FS-Teekay 7:15pm-8:15pm	Salsation FS-Marisol 7:30pm-8:30pm	Y Line Dance FS-Kelly 7:15pm-8:30pm			

Online Schedule



For live updates, please check the YMCA BC app.

This schedule is subject to change without notice.

Registration through our booking app required.

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