





TONG LOUIE FAMILY YMCA GROUP FITNESS SCHEDULE

SUMMER 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	6:00am - 7:00am Y Boot Camp - ST2 Kim	6:00am - 6:45am Y Cyclefit - ST1 Shannon	6:00am - 7:00am Group Power - ST2 Shannon	6:00am - 7:00am Y Cyclefit - ST1 Shannon	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	8:15am - 9:00am Y Aquafit - 25m Pool Shirley	8:15am - 9:00am Y Aquafit - 25m Pool Gail	8:15am - 9:00am Y Aquafit - 25m Pool Heather	9:15am - 10:15am Y Step - ST2 Jennifer	8:15am - 9:00am Y Aquafit - 25m Pool Jessica	9:00am - 10:00am YCycle & Strength - ST1 Bernardo
	9:15am - 10:15am Y Cardio Strength - ST2 Ildi	8:45am - 9:45am Y Chair Yoga - ST2 Gail	8:30am - 9:15am Y Synrgy - Fitness Floor Mei	8:30am - 9:15am Y Synrgy - Fitness Floor Jacqueline	9:15am - 10:15am Y Strength - Gym Gareth	8:15am - 9:15am Y Strength - Gym Sherrie	10:15am - 11:15am BollyX - ST2 Dildeep
	9:15am - 10:15am Y Strength - Gym Sherrie	9:15am - 10:15am Group Power - Gym Gareth	9:00am - 9:45am Y Tone - ST2 Claudia	9:15am - 10:15am Y Chair Yoga - ST2 Gail	10:30am - 11:30am Y Hatha Yoga - ST2 Irene	9:15am - 10:15am Zumba Toning - ST2 Gaby	11:15am - 12:15pm ST2 Registered Program
	10:30am - 11:30am Y Hatha Yoga - ST2 Soan	10:00am - 11:00am Y Hatha Yoga - ST2 Marianne	9:00am - 10:00am Y Cyclefit - ST1 Bernardo	9:15am - 10:15am Group Power - Gym June		9:30am - 10:30am Group Power - Gym June/Shannon	11:30am - 12:30pm Y Breathing - ST1 Laurie
		11:15am - 12:15pm Y Gentle - ST2 Jacqueline	10:00am - 11:00am Y Hatha Yoga - ST2 Lynne	10:30am - 11:30am Y Gentle - ST2 Jacqueline		10:45am - 11:45am Y Hatha Yoga - ST2 Karen	
		11:00am - 11:30am Fitness Orientation YMCA Staff	10:30am - 11:30pm Y Thrive 1st Session Robin	11:00am - 11:30am Fitness Orientation YMCA Staff		10:30pm - 11:30am Y Thrive 1st Session Jacqueline	
				3:00pm - 4:00pm Y Thrive 1st Session Robin		12:00pm - 1:00pm Y Thrive 1st Session Robin	
		4:00pm - 4:30pm Fitness Orientation YMCA Staff		4:00pm - 4:30pm Fitness Orientation YMCA Staff			
		5:30pm - 6:15pm YCyclefit Express - ST1 Shannon	5:00pm - 5:45pm Y Synrgy - Fitness Floor Robin	5:30pm - 6:15pm Y Core & Stretch - ST1 Andrew			
EVENING	5:30pm - 6:30pm Group Power - ST2 Tom	5:45pm - 6:45pm Zumba - ST2 Joanne	5:30pm - 6:15pm Y-Dance Cardio - ST2 Coral	6:00pm - 7:00pm BollyX - ST2 Gulnaaz			
	6:00pm - 6:45pm Y Synrgy - Fitness Floor Jacqueline	6:30pm - 7:15pm Y Cyclefit Express - ST1 Surinder	6:15pm - 7:15pm Y Cyclefit - ST1 Darren	6:30pm - 8:30pm ST1 Registered Program	3:00pm - 4:00pm Y Thrive 1st Session Jacqueline		
	6:30pm - 8:30pm ST1 Registered Program	7:00pm - 8:00pm Zumba - ST2 Adriana	6:30pm - 7:30pm Y Cardio Strength - ST2 Ildi	6:30pm - 7:15pm Y Synrgy - Fitness Floor Abdul	6:00pm - 6:45pm Y Synrgy - Fitness Floor Jacqueline		
	6:45pm - 7:45pm Y Step - ST2 Jennifer	7:30pm - 8:30pm Y Thrive 1st Session Robin	6:45pm - 7:45pm Y Tone - Gym Gareth	7:15pm - 8:15pm Group Power - ST2 Tom	6:30pm - 7:30pm Zumba Toning - ST2 Gaby		
	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	8:30pm - 9:30pm Y Hatha Yoga - ST2 Rani			
	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: June 29th, 2024