

Group Fitness Schedule Effective Nov 1

| Stat Holidays: Nov 11th, Dec 25th, Dec 26th | | | | | | |
|---|--|---|--|---|---|--|
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Y Cycle 6:15am-7:15am Cycle Studio Hermann | Y Strength 6:15am-7:00am Gymnasium Shawn | Y Cycle 6:15am-7:00am Cycle Studio Karen | Y Sweat 6:15am-7:00am Gymnasium Martha | Y Cycle 6:15am-7:15am Cycle Studio Hermann | | |
| | | | *Y Strength & Balance Express* 8:00am - 8:45am MP 2/3 Velina | | | |
| Y Aquafit 8:00am-9:00am Pool Lisa | Y Aquafit 8:00am-8:45am Pool Kelly | Y Aquafit 8:00am-9:00am Pool Lisa | Y Aquafit 8:00am-8:45am Pool Kelly | Y Aquafit 8:00am-9:00am Pool Lisa | Y Aquafit 9:00am-9:45am Pool Dylan | |
| Y Hatha Yoga 9:15am - 10:15am Fitness Studio Erin | *Y Strength & Balance Express* 8:30am-9:15am MP 2/3 Velina | Y Cycle 9:15am-10:15am Cycle Studio Martha | Y Cycle 9:15am-10:15am Cycle Studio Gary | Y Step & Strength 9:15am - 10:15am Fitness Studio Sharon | | |
| Y Cycle 9:15am-10:15am Cycle Studio Gisela | Y Step & Strength 9:15am-10:15am Fitness Studio Karen | Y Sweat 9:15am-10:15am Gymnasium Jenn/Velina/Leona | Y Step 9:15am - 10:15am Fitness Studio Sharon | Y Sweat 9:15am-10:15am Gymnasium Tanya | Y Cycle 9:15am-10:15am Cycle Studio Andrea | *Y Cycle* 9:15am-10:00am Cycle Studio Claire |
| Y Strength 9:15am-10:15am Gymnasium Sharon | | *Y Dance* 9:15am - 10:15am Fitness Studio Brenda | *Y Chair Yoga* 9:30am - 10:15am MP2/3 Sandra | | Y Step 9:15am - 10:15am Fitness Studio Sharon | |
| Adult Water Walking 10am-10:30am Pool | Y Aquafit 10:00am-10:45am Pool Karen | | Y Gentle Aquafit 10am-10:30am Pool Kelly | | | Y Restorative Yoga 10:00am-11:15am Fitness Studio Sandra |
| Y Gentle Cardio 10:45am-11:30am Gymnasium Carolyn | *Y Strength Express* 10:45am - 11:30am Fitness Studio Angela | Y Vinyasa Yoga 10:45am - 11:45am Fitness Studio Cassidy | *Y Strength Express* 10:45am - 11:30am Fitness Studio Sheridan | Y Gentle Cardio 10:45am-11:30am Gymnasium Pat/Carolyn | Y Dance 10:45am - 11:45am Fitness Studio Monique | |
| Y Stretch 11:45am - 12:30pm Fitness Studio Carolyn | *Adult Walking * 11:00am - 11:30am Gymnasium | Y Gentle Cardio 10:45am-11:30am Gymnasium Pat | *Adult Walking* 11:00am - 11:30am Gymnasium | *Y Stretch* 11:45am - 12:30pm Fitness Studio Carol | | Pre Teen Orientation (11-12 y/o) 12:00pm - 12:30pm Sheridan |
| *Y Gentle Cardio and Tone* 12:00pm - 1:00pm MP 2/3 Carol | Y Gentle Basics 11:30am-12:30pm MP2 Velina | *Y Strength & Balance Express* 12:00pm - 12:45pm MP 2/3 Pat | Y Gentle Basics 11:30am-12:30pm MP2 Carolyn | Y Gentle Cardio & Tone 1:00pm - 2:00pm MP 2/3 Carol | | Teen Orientation (13-15y/o) 12:30pm - 1:30pm Sheridan |
| | | Adult Water Walking 2:00pm -2:30pm Pool | | Adult Water Walking 2:00pm -2:30pm Pool | | |
| | Pre Teen Orientation (11-12 y/o) 5:00pm - 5:30pm Kris | | | | | |
| *Y Bollywood Dance* 5:30pm - 6:15pm Fitness Studio Priya | Y Vinyasa Yoga 5:30pm-6:30pm Fitness Studio Kate | Y Hatha Yoga 5:30pm-6:30pm Fitness Studio Cassidy | Y Vinyasa Yoga 5:30pm-6:30pm Fitness Studio Lisa | Y Sweat 5:30pm - 6:30pm Fitness Studio Lisa | | |
| Y Sweat 5:30pm-6:30pm Gymnasium Josh | Teen Orientation (13-15y/o) 5:30pm - 6:30pm Kris | Y Strength 5:30pm-6:30pm Gymnasium Lisa | *Y Cycle* 5:30pm - 6:15pm Cycle Studio Danielle | | | |
| Y Core Fitness Studio 6:45pm-7:30pm Sue | Y Cycle 6:45pm-7:45pm Cycle Studio Sue | Y Cycle 6:45pm-7:45pm Cycle Studio Andrea/Rob | Y Sweat 6:45pm-7:45pm Gymnasium Sue/Lisa | | | |
| Y Aquafit 7:15pm - 8:00pm Pool Dylan | | | Y Aquafit 7:15pm - 8:00pm Pool Michelle | | | |
| Updated Oct 20 2024 | | | | | | |
| Pre-Registration Recommended on Mindbody, updated cancellations to be posted on Mindbody | | | | | | |