



# Langara Family YMCA Group Fitness Schedule

Nov Schedule

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-Cheryl 8:00am-9:00am	Y-Synrgy-SM Synrgy Room 9:00am-9:45am	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-Trevor Synrgy Room 9:00am-9:45am	Group Power FS-Cheryl 10:45am-11:45am	Y Tone FS-Faye 9:45am-10:45am	Group Power FS-Brenden 9:30am-10:30am	Y Stretch FS-Satai 9:30am-10:15am	Y Strength FS-Daniela 9:30-10:15am
Y Tone FS-Faye 9:30am-10:30am	Y Line Dance FS-Michelle 10:00am-11:30am			Y Synrgy-Trevor Synrgy Room 10:00-10:45am	Y-Synrgy-Reno Synrgy Room 10:00am-10:45am	Y-Synrgy-Reno Synrgy Room 10:00am-10:45am
Y Yoga/Core FS-Shary 10:45am-11:45am	Y-Synrgy-Trevor Synrgy Room 10:00am-10:45am			Y Pilates FS-Leigha 11:15am-12:05pm	Y Cardio Dance MPR-Gary 10:30am-11:45am	Y Sweat FS-Tom 10:30am-11:30am
Y Line Dance FS-Angela 1:00pm-2:30pm			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-Synrgy Synrgy Room 10:45am-11:30am
		Y Hatha Yoga FS-Na 1:15pm-2:15pm	Y Yin Yoga FS-Ho Ka 2:30pm-3:30pm	Y Line Dance FS-Michelle 1:30pm-3:00pm	Y-Synrgy-Reno Synrgy Room 10:45am-11:30am	Y Pilates FS-Bill 11:45am-12:45pm
	Y Stretch FS-Satai 3:30pm-4:15pm	Y Line Dance FS-Kelly 2:45pm-4:15pm			Y Capoeira FS-Edson 12:00pm-1:00pm	Y Belly Dance FS-Karime 1:00pm-2:15pm
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 Strength FS-Tommy 4:30pm-5:30pm	Y Yin Yoga-FS Gail M 2:45pm-3:45pm	
Y Synrgy-Jacky Synrgy Room 5:30pm-6:15pm	Y Synrgy-Trevor Synrgy Room 5:30pm-6:15pm	Y Synrgy FS-Faye 5:30pm-6:15pm	Y Cycle FS-Stephen 5:00pm-6:00pm	Y Synrgy-Reno Synrgy Room 5:30pm-6:15pm	Circuit Boxing FS 4:00pm-4:45pm	
Y Step FS-Kashi 5:30pm-6:20pm	Y Cycle FS-Stephen 6:00-7:00pm	Y Step FS-Liz C 5:45pm-6:45pm	Y Synrgy Synrgy Room-Jacky 5:30pm-6:15pm	Y Tone FS-Faye 5:45pm-6:45pm		
Y Hatha Yoga FS-Kashi 6:30pm-7:20pm			Y Zumba Toning FS-Gail 6:10pm-7:10pm	Bollywood MPR-Amir 5:45pm-6:45pm		
				Y Pilates FS-Bella 7:00pm-8:00pm		
Salsation FS-Marisol 7:30pm-8:30pm	Zumba FS-Janice 7:15pm-8:15pm	Y Cardio Dance FS-Teekay 7:00pm-8:00pm	Y Line Dance FS-Kelly 7:15pm-8:30pm			



See all Schedules

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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