



TONG LOUIE FAMILY YMCA GROUP FITNESS SCHEDULE





December 23 - 29, 2024

	Dec. 23	Dec. 24	Dec. 25	Dec. 26	Dec. 27	Dec. 28	Dec. 29
MORNING		6:00am - 6:45am Y Cyclefit - ST1 Shannon	CHRISTMAS DAY TONG LOUIE FAMILY YMCA Closed		6:00am - 6:45am Y Cyclefit - ST1 Shannon	8:00am - 8:45am Y Cyclefit Express- ST1 Darren/Gareth	8:00pm - 9:00pm Y Dance Sculpt - ST2 Andra
		7:30am - 8:30am Y Yoga - ST2 Supriya		8:45am - 9:30am Y Chair Yoga - ST2 Gail	8:15am - 9:00am Y Aquafit - 25m Pool Sandra	8:15am - 9:00am Y Aquafit - 25m Pool Jessica	9:00am - 10:00am YCycle & Strength - ST1 Bernardo
	8:00am - 9:00am Group Power - ST2 June	8:45am - 9:30am Y Chair Yoga - ST2 Gail		9:00am - 10:00am YCycle & Strength - ST1 Darren	9:15am - 10:00am Y Aquafit - 25m Pool Sandra	8:15am - 9:15am Y Strength - Gym Sherrie	10:15am - 11:15am BollyX - ST2 Dildeep
	9:15am - 10:15am Y Cardio Strength - ST2 Ildi	10:00am - 11:00am Y Yoga - ST2 Marianne		9:15am - 10:15am Group Power - Gym June	9:15am - 10:15am Y Step - ST2 Jennifer	9:15am - 10:15am Zumba Toning - ST2 Gaby	11:30am - 12:30pm Y Breathing - ST1 Laurie
	9:15am - 10:15am Y Strength - Gym Sherrie	11:15am - 12:15pm Y Gentle - ST2 Jacqueline		10:30am - 11:30am Y Yoga - ST2 Irene		9:30am - 10:30am Group Power - Gym June/Shannon	
		12:30pm - 1:00pm Fitness Orientation YMCA Staff				11:00pm - 12:00pm Y Thrive 1st Session Jacqueline	
EVENING	3:00pm - 4:00pm Y Thrive 1st Session Jacqueline				3:00pm - 4:00pm Y Thrive 1st Session Jacqueline		
	5:30pm - 6:15pm YCyclefit Express - ST1 Shannon				5:30pm - 6:30pm Y Strength - ST2 Jacqueline		
	5:30pm - 6:30pm Group Power - ST2 Tom				6:45pm - 7:30pm Zumba Toning - ST2 Gaby		
	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: December 21, 2024	



TONG LOUIE FAMILY YMCA GROUP FITNESS SCHEDULE

December 30, 2024 - January 5, 2025

	Dec. 30	Dec. 31	Jan. 1	Jan. 2	Jan. 3	Jan. 4	Jan. 5
MORNING		6:00am - 6:45am Y Cyclefit - ST1 Shannon		6:00am - 6:45am Y Cyclefit - ST1 Shannon	6:00am - 6:45am Y Cyclefit - ST1 Shannon	8:00am - 8:45am Y Cyclefit Express- ST1 Darren/Gareth	8:00pm - 9:00pm Y Dance Sculpt - ST2 Andra
		7:30am - 8:30am Y Yoga - ST2 Supriya	8:15am - 9:00am Y Aquafit - 25m Pool Gail	9:30am - 10:15am Y Synrgy - Fitness Floor Jacqueline	8:15am - 9:00am Y Aquafit - 25m Pool Sandra	8:15am - 9:00am Y Aquafit - 25m Pool Jessica	9:00am - 10:00am YCycle & Strength - ST1 Bernardo
	8:00am - 9:00am Group Power - ST2 June	8:45am - 9:30am Y Chair Yoga - ST2 Gail	9:00am - 9:45am Y Tone - ST2 Claudia	9:30am - 10:15am Y Chair Yoga - ST2 Gail	9:15am - 10:00am Y Aquafit - 25m Pool Sandra	8:15am - 9:15am Y Strength - Gym Sherrie	10:15am - 11:15am BollyX - ST2 Dildeep
	9:15am - 10:15am Y Cardio Strength - ST2 Ildi	10:00am - 11:00am Y Yoga - ST2 Marianne	9:00am - 10:00am Y Cyclefit - ST1 Bernardo	9:15am - 10:15am Group Power - Gym June	9:15am - 10:15am Y Step - ST2 Jennifer	9:15am - 10:15am Zumba Toning - ST2 Gaby	11:30am - 12:30pm Y Breathing - ST1 Laurie
	9:15am - 10:15am Y Strength - Gym Sherrie	11:15am - 12:15pm Y Gentle - ST2 Jacqueline				9:30am - 10:30am Group Power - Gym June/Shannon	
		12:30pm - 1:00pm Fitness Orientation YMCA Staff				12:00pm - 1:00pm Y Thrive 1st Session Robin	
						2:15pm - 3:00pm Y Synrgy - Fitness Floor Robin	
EVENING	3:00pm - 4:00pm Y Thrive 1st Session Jacqueline				3:00pm - 4:00pm Y Thrive 1st Session Jacqueline		
	5:30pm - 6:30pm Group Power - ST2 Tom				5:30pm - 6:30pm Y Strength - ST2 Jacqueline		
	6:45pm - 7:45pm Y Step - ST2 Jennifer				6:45pm - 7:30pm Zumba Toning - ST2 Gaby		
	Y Gentle	Cardio & Strength	Dance Fitness	Yoga & Stretch	Y Cycle	Y Aquafit	Fitness Orientation
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