

## TONG LOUIE FAMILY YMCA GROUP FITNESS SCHEDULE

## December 23 - 29, 2024

	Dec. 22	Dec. 24	Dog 2E	Dec. 26	Dec. 27	Dec. 20	Dag 20
	Dec. 23	Dec. 24	Dec. 25	Dec. 26	Dec. 27	Dec. 28	Dec. 29
		6:00am - 6:45am			6:00am - 6:45am	8:00am -8:45am	8:00pm - 9:00pm
		Y Cyclefit - ST1			Y Cyclefit - ST1	Y Cyclefit Express- ST1	Y Dance Sculpt - ST2
		Shannon		0.45	Shannon	Darren/Gareth	Andra
		7:30am - 8:30am		8:45am - 9:30am	8:15am - 9:00am	8:15am - 9:00am	9:00am - 10:00am
		Y Yoga - ST2		Y Chair Yoga - ST2	Y Aquafit - 25m Pool	Y Aquafit - 25m Pool	YCycle & Strength - ST1
		Supriya		Gail	Sandra	Jessica	Bernardo
	8:00am - 9:00am	8:45am - 9:30am		9:00am - 10:00am	9:15am - 10:00am	8:15am - 9:15am	10:15am - 11:15am
(D	Group Power - ST2	Y Chair Yoga - ST2		YCycle & Strength - ST1	Y Aquafit - 25m Pool	Y Strength - Gym	BollyX - ST2
MORNING	June	Gail		Darren	Sandra	Sherrie	Dildeep
_	9:15am - 10:15am	10:00am - 11:00am		9:15am - 10:15am	9:15am - 10:15am	9:15am - 10:15am	11:30am - 12:30pm
7	Y Cardio Strength - ST2	Y Yoga - ST2		Group Power - Gym	Y Step - ST2	Zumba Toning - ST2	Y Breathing - ST1
~	Ildi	Marianne		June	Jennifer	Gaby	Laurie
	9:15am - 10:15am	11:15am - 12:15pm		10:30am - 11:30am		9:30am - 10:30am	
$\underline{\mathbf{c}}$	Y Strength - Gym	Y Gentle - ST2		Y Yoga - ST2		Group Power - Gym	
2	Sherrie	Jacqueline		Irene		June/Shannon	
		12:30pm - 1:00pm				11:00pm - 12:00pm	
		Fitness Orientation				Y Thrive 1st Session	
		YMCA Staff				Jacqueline	
			CHRISTMAS				
			DAY				
			TONG LOUIE				
			FAMILY YMCA				
			Closed				
	3:00pm - 4:00pm				3:00pm - 4:00pm		
	Y Thrive 1st Session				Y Thrive 1st Session		
48	Jacqueline				Jacqueline		
<u> </u>	5:30pm - 6:15pm				5:30pm - 6:30pm		
Z	YCyclefit Express - ST1						
					Y Strength - ST2		
	Shannon				Y Strength - ST2 Jacqueline		
Z	Shannon 5:30pm - 6:30pm				•		
ÆN	Shannon				Jacqueline		
VEN	Shannon 5:30pm - 6:30pm				Jacqueline 6:45pm - 7:30pm		
EVENING	Shannon 5:30pm - 6:30pm Group Power - ST2				Jacqueline 6:45pm - 7:30pm Zumba Toning - ST2		
EVEN	Shannon 5:30pm - 6:30pm Group Power - ST2				Jacqueline 6:45pm - 7:30pm Zumba Toning - ST2		
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EVEN	Shannon 5:30pm - 6:30pm Group Power - ST2				Jacqueline 6:45pm - 7:30pm Zumba Toning - ST2		
EVEN	Shannon 5:30pm - 6:30pm Group Power - ST2				Jacqueline 6:45pm - 7:30pm Zumba Toning - ST2		
EVEN	Shannon 5:30pm - 6:30pm Group Power - ST2				Jacqueline 6:45pm - 7:30pm Zumba Toning - ST2		
EVEN	Shannon 5:30pm - 6:30pm Group Power - ST2				Jacqueline 6:45pm - 7:30pm Zumba Toning - ST2		
EVEN	Shannon 5:30pm - 6:30pm Group Power - ST2 Tom			W	Jacqueline 6:45pm - 7:30pm Zumba Toning - ST2 Gaby	N. C. C.	
EVEN	Shannon 5:30pm - 6:30pm Group Power - ST2	Cardio & Strength	Dance Fitness	Yoga & Stretch	Jacqueline 6:45pm - 7:30pm Zumba Toning - ST2 Gaby  Y Cycle	Y Aquafit	Fitness Orientation
EVEN	Shannon 5:30pm - 6:30pm Group Power - ST2 Tom  Y Gentle	Cardio & Strength A of British Columbia			Jacqueline 6:45pm - 7:30pm Zumba Toning - ST2 Gaby  Y Cycle Online schedules:	Y Aquafit	
EVEN	Shannon 5:30pm - 6:30pm Group Power - ST2 Tom  Y Gentle Please use our YMC	A of British Columbia	Schedules, registrat	tions and availabilty	Jacqueline 6:45pm - 7:30pm Zumba Toning - ST2 Gaby  Y Cycle	Y Aquafit	Fitness Orientation
EVEN	Shannon 5:30pm - 6:30pm Group Power - ST2 Tom  Y Gentle  Please use our YMC Fitness App to Regis	A of British Columbia ster for group fitness	Schedules, registrate are subject to char	tions and availabilty	Jacqueline 6:45pm - 7:30pm Zumba Toning - ST2 Gaby  Y Cycle Online schedules:	Y Aquafit  Y Aquafit  Filless	
EVEN	Shannon 5:30pm - 6:30pm Group Power - ST2 Tom  Y Gentle  Please use our YMC Fitness App to Regis	A of British Columbia	Schedules, registrat are subject to char For more informa	tions and availabilty nge without notice. tion, speak to our	Jacqueline 6:45pm - 7:30pm Zumba Toning - ST2 Gaby  Y Cycle Online schedules:	Y Aquafit  Y Aquafit  GROW	
	Shannon 5:30pm - 6:30pm Group Power - ST2 Tom  Y Gentle  Please use our YMC Fitness App to Regis classes. Drop-in spot	A of British Columbia ster for group fitness	Schedules, registrat are subject to char For more informa	tions and availabilty	Jacqueline 6:45pm - 7:30pm Zumba Toning - ST2 Gaby  Y Cycle Online schedules:	Y Aquafit  S ZVMBA  ATMESS  GROUT  GROUT	
	Shannon 5:30pm - 6:30pm Group Power - ST2 Tom  Y Gentle  Please use our YMC Fitness App to Regis classes. Drop-in spot	A of British Columbia ster for group fitness s are not guaranteed. site: www.gv.ymca.ca	Schedules, registrat are subject to char For more informa Member Experien	tions and availabilty nge without notice. tion, speak to our ce Representatives	Jacqueline 6:45pm - 7:30pm Zumba Toning - ST2 Gaby  Y Cycle Online schedules:	Y Aquafit  Purple of the state	
	Shannon 5:30pm - 6:30pm Group Power - ST2 Tom  Y Gentle  Please use our YMC Fitness App to Regis classes. Drop-in spot	A of British Columbia ster for group fitness s are not guaranteed.	Schedules, registrat are subject to char For more informa Member Experien	tions and availabilty nge without notice. tion, speak to our	Jacqueline 6:45pm - 7:30pm Zumba Toning - ST2 Gaby  Y Cycle Online schedules:	S ZVMBA FINESS PE	
	Shannon 5:30pm - 6:30pm Group Power - ST2 Tom  Y Gentle  Please use our YMC Fitness App to Regis classes. Drop-in spot	A of British Columbia ster for group fitness s are not guaranteed. site: www.gv.ymca.ca	Schedules, registrat are subject to char For more informa Member Experien	tions and availabilty nge without notice. tion, speak to our ce Representatives	Jacqueline 6:45pm - 7:30pm Zumba Toning - ST2 Gaby  Y Cycle Online schedules:	YMCA of British Co	BOLLYX
	Shannon 5:30pm - 6:30pm Group Power - ST2 Tom  Y Gentle  Please use our YMC Fitness App to Regis classes. Drop-in spot Please visit our webs Tong Louie Family Y	A of British Columbia ster for group fitness s are not guaranteed. site: www.gv.ymca.ca	Schedules, registrat are subject to char For more informa Member Experien For Further In	tions and availabilty nge without notice. Ition, speak to our ce Representatives formation Email: info	Jacqueline 6:45pm - 7:30pm Zumba Toning - ST2 Gaby  Y Cycle Online schedules:	S ZVMBA FINESS PE	BOLLYX



## TONG LOUIE FAMILY YMCA GROUP FITNESS SCHEDULE

December 30, 2024 - January 5, 2025

	8							
	Dec. 30	Dec. 31	Jan. 1	Jan. 2	Jan. 3	Jan. 4	Jan. 5	
		6:00am - 6:45am		6:00am - 6:45am	6:00am - 6:45am	8:00am -8:45am	8:00pm - 9:00pm	
		Y Cyclefit - ST1		Y Cyclefit - ST1	Y Cyclefit - ST1	Y Cyclefit Express- ST1	Y Dance Sculpt - ST2	
		Shannon		Shannon	Shannon	Darren/Gareth	Andra	
		7:30am - 8:30am	8:15am - 9:00am	9:30am - 10:15am	8:15am - 9:00am	8:15am - 9:00am	9:00am - 10:00am	
		Y Yoga - ST2	Y Aquafit - 25m Pool	Y Synrgy - Fitness Floor	Y Aquafit - 25m Pool	Y Aquafit - 25m Pool	YCycle & Strength - ST1	
		Supriya	Gail	Jacqueline	Sandra	Jessica	Bernardo	
	8:00am - 9:00am	8:45am - 9:30am	9:00am - 9:45am	9:30am - 10:15am	9:15am - 10:00am	8:15am - 9:15am	10:15am - 11:15am	
4D	Group Power - ST2	Y Chair Yoga - ST2	Y Tone - ST2	Y Chair Yoga - ST2	Y Aquafit - 25m Pool	Y Strength - Gym	BollyX - ST2	
<u> </u>	June	Gail	Claudia	Gail	Sandra	Sherrie	Dildeep	
_	9:15am - 10:15am	10:00am - 11:00am	9:00am -10:00am	9:15am - 10:15am	9:15am - 10:15am	9:15am - 10:15am	11:30am - 12:30pm	
Z	Y Cardio Strength - ST2	Y Yoga - ST2	Y Cyclefit - ST1	Group Power - Gym	Y Step - ST2	Zumba Toning - ST2	Y Breathing - ST1	
MORNING	Ildi	Marianne	Bernardo	June	Jennifer	Gaby	Laurie	
$\overline{C}$	9:15am - 10:15am	11:15am - 12:15pm				9:30am - 10:30am		
=	Y Strength - Gym	Y Gentle - ST2				Group Power - Gym		
	Sherrie	Jacqueline				June/Shannon		
		12:30pm - 1:00pm				12:00pm - 1:00pm		
		Fitness Orientation				Y Thrive 1st Session		
		YMCA Staff				Robin		
						2:15pm - 3:00pm Y Synrgy - Fitness Floor		
						7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7		
						Robin		
	3:00pm - 4:00pm				3:00pm - 4:00pm			
	Y Thrive 1st Session				Y Thrive 1st Session			
	Jacqueline				Jacqueline			
C	5:30pm - 6:30pm				5:30pm - 6:30pm			
$\Rightarrow$	Group Power - ST2				Y Strength - ST2			
	Tom				Jacqueline			
2	6:45pm - 7:45pm				6:45pm - 7:30pm			
EVENING	Y Step - ST2				Zumba Toning - ST2			
>	Jennifer				Gaby			
П	Jennier				Cuby			
	V Gontla	Cardio & Strongth	Danco Fitness	Voga & Stratch	Y Cycle	Y Aquafit	Fitness Orientation	
	Y Gentle	Cardio & Strength	Dance Fitness	Yoga & Stretch	Online schedules:	A SIA CA	- ruless Orientation	
		A of British Columbia	Schedules, registrations and availability			SY ZVINSH	BOLLYX	
	Fitness App to Regis	ster for group fitness	are subject to char	•		FITNESS		
		c are not quaranteed	For more information, speak to our			GROUP		
	classes. Drop-in spot	s are not guaranteeu.	For more informa	Member Experience Representatives			POWER	
		site: www.gv.ymca.ca		-		FL	JWER	
	Please visit our webs	-	Member Experience	-	o@bc.ymca.ca		olumbia: 604.939.9622	
	Please visit our webs	site: www.gv.ymca.ca	Member Experience	ce Representatives	o@bc.ymca.ca			
	Please visit our webs	site: www.gv.ymca.ca	Member Experience For Further In	ce Representatives	·		olumbia: 604.939.9622	