

# Group Fitness Schedule Effective Jan 5th

Stat Holidays: Mon Feb 17th, Fri April 18th, Mon April 21st - No Group Fitness Classes, Pool or Programs						
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 Carol			
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	Teen Orientation (13-15y/o) 9:00am - 10:00am Marc	
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	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 Leona		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	Pre Teen Orientation (11-12 y/o) 9:30am - 10:00am Sheridan
Adult Water Walking 10am-10:30am Pool	Y Aquafit 10:00am-10:45am Pool Karen		Y Gentle Aquafit 10am-10:30am Pool Kelly			Teen Orientation (13-15y/o) 10:00am - 11:00am Sheridan
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 Restorative Yoga 10:00am-11:15am Fitness Studio Sandra
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		
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		
Pre Teen Orientation (11-12 y/o) 4:00pm - 4:30pm Marc		Adult Water Walking 2:00pm - 2:30pm Pool		Adult Water Walking 2:00pm - 2:30pm Pool		
Teen Orientation (13-15y/o) 4:30pm - 5:30pm Marc						
Y Bollywood Dance 5:30pm - 6:15pm Fitness Studio Priya	Y Vinyasa Yoga 5:30pm-6:30pm Fitness Studio Kate/Lisa	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		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 Michelle/Dylan			Y Aquafit 7:15pm - 8:00pm Pool Michelle			Updated January 13th 2024

**Pre-Registration Recommended on Mindbody, updated cancellations to be posted on Mindbody**