TONG LOUIE FAMILY YMCA GROUP FITNESS SCHEDULE

SPRING 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00am - 9:00am	5:45am - 6:45am	6:00am - 7:00am	6:00am - 7:00am	6:00am - 6:45am	8:00am -8:45am	7:30am - 8:30am
Group Power - ST2	Y Cyclefit - ST1	Group Power - ST2	Y Cyclefit - ST1	Y Cyclefit - ST1	Y Cyclefit - ST1	Y Core & Stretch - ST2
June	Jen	Shannon	Tracey	Shannon	Darren/Gareth	Andy
8:15am - 9:00am	8:00am - 8:45am	8:15am - 9:00am	8:45am - 9:30am	8:00am - 9:00am	8:15am - 9:00am	8:15am - 9:00am
Y Aquafit - 25m Pool	Y Yoga - ST2	Y Aquafit - 25m Pool	Y Chair Yoga - ST2	Y Yoga - ST2	Y Aquafit - 25m Pool	Y Synrgy - Fitness Floor
Andy	Supriya	Gail	Gail	Supriya	Jessica	Gurpreet
9:15am - 10:00am	8:15am - 9:00am	9:00am - 9:45am	9:15am - 10:15am	8:15am - 9:00am	8:15am - 9:15am	9:00am - 10:00am
Y Aquafit - 25m Pool	Y Aquafit - 25m Pool	Y Tone - ST2	Group Power - Gym	Y Aquafit - 25m Pool	Y Strength - Gym	Y Cyclefit - ST1
		Claudia	June	Sandra	Sherrie	•
9:15am - 10:15am	Andy 9:00am - 9:45am	9:00am -10:00am	10:30am - 11:30am	9:15am - 10:00am		Bernardo 9:00am - 10:00am
					9:15am - 10:15am	9:00am - 10:00am BollyX - ST2
Y Cardio Strength - ST2	Y Synrgy - Fitness Floor	Y Cyclefit - ST1	Y Yoga - ST2	Y Aquafit - 25m Pool	Zumba Toning - ST2	•
Ildi	Mei	Bernardo	Irene	Sandra	Gaby	Dildeep
9:15am - 10:15am	9:00am - 9:45am	10:00am - 11:00am	11:45am - 12:45pm	9:15am - 10:15am	9:30am - 10:30am	10:15am - 11:00am
Y Strength - Gym	Y Chair Yoga - ST2	Y Yoga - ST2	Y Gentle - ST2	Y Step - ST2	Group Power - Gym	Group Power - ST2
Sherrie	Gail	Lynne	Jacqueline	Jennifer	Shannon/June	Tom
10:30am - 11:30am	9:15am - 10:00am	11:15am - 12:15pm		9:15am - 10:15am	9:30am - 12:00pm	9:30am-10:30am
Y Yoga - ST2	Y Aquafit - 25m Pool	Y Gentle - ST2		Y Strength - Gym	ST1	Y Thrive 1st Session
Soan	Andy	Andy		Gareth	Registered Program	Andy
11:30am-12:30pm	10:00am - 11:00am			11:30am-12:30pm	11:45am-12:45pm	11:15am - 12:15pm
Y Thrive 1st Session	Y Yoga - ST2			Y Thrive 1st Session	Fitness Floor Jacqueline	ST2
Andy	Marianne			Vino	Fitness Orientation	Registered Program
	11:15am - 12:15pm				10:45am - 11:45am	11:30am - 12:30pm
	Y Gentle - ST2				Y Yoga - ST2	Y Breathing - ST1
	Jacqueline				Barbara/Irene	Laurie
	1:00pm - 3:30pm				1:00pm - 2:30pm	1:00pm - 4:00pm
	ST1				ST2	ST2
	Registered Program				Registered Program	Registered Program
3:00pm - 4:00pm	5:30pm - 6:15pm	5:30pm - 6:15pm			2:15pm-3pm	
Y Thrive 1st Session	Y Synrgy - Fitness Floor	Y-Dance Cardio - ST2			Y Synrgy - Fitness Floor	
Jacqueline	Abdul	Coral			Robin	
5:30pm - 6:15pm	5:45pm - 6:45pm	6:00pm-6:30pm	3:00pm - 4:00pm	5:30pm - 6:30pm	5:00pm - 6:00pm	
Y Cyclefit - ST1						
1 Cyclettic - 311	Zumba - ST2	Fitness Floor Abdul	Y Thrive 1st Session	· · · · · · · · · · · · · · · · · · ·	•	
				Y Strength - ST2	Y Strength - ST2	
Shannon	Joanne	Fitness Orientation	Andy	Y Strength - ST2 Jacqueline	•	
Shannon 5:30pm - 6:30pm	Joanne 6:30pm - 7:15pm	Fitness Orientation 6:15pm - 7:15pm	Andy 5:30pm - 6:15pm	Y Strength - ST2	Y Strength - ST2	
Shannon 5:30pm - 6:30pm Group Power - ST2	Joanne 6:30pm - 7:15pm Y Cyclefit - ST1	Fitness Orientation 6:15pm - 7:15pm Y Cyclefit - ST1	Andy 5:30pm - 6:15pm Y Core & Stretch - ST1	Y Strength - ST2 Jacqueline 1:00pm - 3:30pm ST1	Y Strength - ST2	
Shannon 5:30pm - 6:30pm Group Power - ST2 Tom	Joanne 6:30pm - 7:15pm Y Cyclefit - ST1 Surinder	Fitness Orientation 6:15pm - 7:15pm Y Cyclefit - ST1 Darren	Andy 5:30pm - 6:15pm Y Core & Stretch - ST1 Andrew	Y Strength - ST2 Jacqueline 1:00pm - 3:30pm ST1 Registered Program	Y Strength - ST2	
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FOR ACCURACY ALWAYS CHECK MINDBODY ON OUR WEBSITE

UPDATED AS OF: Apr 9, 2025