






TONG LOUIE YMCA GROUP FITNESS SCHEDULE

July 2 - August 29, 2008

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY			
Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2		
Turbo Charged Bootcamp 6:15 - 7:15am	Cardio Core 6:00 - 6:45am	Cyclefit 6:00 - 6:45am		Turbo Charged Bootcamp 6:15 - 7:15am	Cyclefit ★ 5:45 - 6:30am			Cyclefit 6:00 - 6:45am	Turbo Charged Bootcamp 6:15 - 7:15am						
											Yoga Stretch 8:00 - 9:00am				
Cyclefit 9:15 - 10:15am	Step 9:15 - 10:15am	Circuit ★ 9:15 - 10:15	Cardio Mix 9:15 - 10:15am	Pilates Matwork Level 2 9:15 - 10:15am	On the Ball 9:15 - 10:15am	Cyclefit 9:15 - 10:15am	Yoga Core 9:15 - 10:15am			Advanced Step 9:15 - 10:15am	Circuit ★ 9:00- 10:00am	Cardio Mix 9:15 - 10:15am	Cyclefit 9:00- 10:00am		
												Yoga Strength 10:30 - 11:30am	Intro to Yoga ★ 10:30 - 11:30	Yoga Core 10:30 - 11:30am	
Tummies for Mommies 10:30 - 11:00am	Yoga Core 10:30 - 11:30am	Stroller Baby Bootcamp	Intro to Yoga ★ 10:30 - 11:30am	Tummies for Mommies 10:30 - 11:00am	Yoga Balance 10:30 - 11:30am	Power Yoga 10:30 - 12:00 (90 minute class)	Step & Strength 10:30 - 11:30am			Yoga Stretch 10:30 - 11:30am				Belly Dancing Level 2 11:40 -12:40	
		On the Roof Top 10:00		Infant Massage 11:15am - 12:00pm											
		Osteofit ★ 12:00 - 1:00pm	A Fresh Start to Fitness 12:00 - 1:00pm			Osteofit ★ 12:00 - 1:00pm	A Fresh Start to Fitness 12:00 - 1:00pm								
	Yoga Stretch 4:30 - 5:20pm													Tae Kwon Do 2:00 - 6:00pm	
Cyclefit 5:30 - 6:25pm				Cyclefit 5:30 - 6:25pm	Kickbox / Circuit 5:30 - 6:25pm										
		Gauntlet (GYM) 7:00 - 8:00pm													
	Yoga Strength 6:35 - 7:30pm		Muscle Pump 6:35 - 7:30pm	Cyclefit 6:35 - 7:30pm	Step 6:35 - 7:30pm	Fit 4 Two Prenatal 7:45 - 9:00pm	Yoga Balance 6:35 - 7:30pm								
	Kickbox / Circuit 7:40 - 8:35pm	Cardio Pilates 7:40 - 8:40pm			Yoga Core 7:40 - 8:35pm	Circuit (GYM) 7:40 - 8:35pm	Bhangra Aerobics 7:40 - 8:35pm								
CHILD MINDING HOURS Monday - Thursday 8:30am - 8:45pm Friday 8:30am - 8:30pm Saturday 9:00am - 4:00pm Sunday 9:00am - 4:00pm For more information call 604 575 9622 ext 2250				Contact Tammy at 604 575 5508 About our YMCA Fitness Certification Course Starting in September				 YMCA We build strong kids, strong families, strong communities.		★ New Class		Studio 1 - Downstairs		Studio 2 - Upstairs	
Registered Programs										Ask our fitness staff about the Coach Approach					