

TONG LOUIE YMCA GROUP FITNESS SCHEDULE

July 5 - September 2, 2010

Studio 1 located on Main Floor

Studio 2 located on Second Floor (Fitness)

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 Greg	Circuit 6:00 - 7:00am Barb	Cyclefit 6:00-6:45am Carissa		Turbo Charged Bootcamp 6:15 - 7:15am Greg	Gymstick Fitness 8:00 - 9:00am Cheryl	Cyclefit 6:00-6:45am Trevor ★			Turbo Charged Bootcamp 6:15 - 7:15am Greg		Yoga Stretch 8:00-9:00am Marianne ★		
Cyclefit 9:15 - 10:15am Maria		Cardio Pilates 9:15-10:15am Chelsea	Aerobics & Strength 9:15 - 10:15am Ildi	Cyclefit 9:15-10:15am Margie ★	On the Ball 9:15 - 10:20am Jose	Cyclefit 9:15 - 10:15am Lina	Step & Strength 9:15-10:15am Guest Instructors		Advanced Step 9:15 - 10:15am Yvonne	Circuit Challenge 9:00 - 10:00am Jim		Cyclefit 9:00 - 10:00am Nicole	On the Ball 9:00 - 10:15am Jose (75 minute class)
Fit 4 Two Stroller 9:30 - 10:20am (OUTSIDE) Tracey				Fit 4 Two Stroller 9:30 - 10:20am (OUTSIDE) Tracey									
Tummies for Mommies 2 11:15 - 11:45am Tracey	Yoga Core 10:30 - 11:30am Soan	Zumba 10:30 - 11:30 Daniela	Intro to Yoga 10:30 - 11:30am Katie	Tummies for Mommies I 10:30 - 11:00am Tracey	Yoga Balance 10:30 - 11:30am Zoe	Gentle Hatha Yoga 10:30 - 11:30am Pat	Yoga Core 10:30 - 11:30am Lynne	Muscle Pump 10:30 - 11:30am Yvonne/Carissa	Yoga Stretch 10:30 - 11:30am Susie			Intro to Yoga 10:30-11:30am Kristina	Basic Step & Strength 10:30-11:30am Margie ★
	DANCE CAMP 12-4pm	Y-Sit 12:15 - 12:45pm	DANCE CAMP 12-4pm		DANCE CAMP 12-4pm	DANCE CAMP 12-3:30pm	Y-Sit 12:15 - 12:45pm		DANCE CAMP 12-4pm		Muscle Pump 11:30 - 12:45pm Carissa (75 minute class)		
		MommyMoves Parent & Tot Fitness 1:00-1:45pm Leah		Childrens Ballet 3:30 - 4:15pm		Childrens Ballet 3:30 - 4:15pm	Mom & Baby Yoga 1:00 - 2:00pm Dorte						
	Yoga Stretch 4:30 - 5:30pm Bonnie					Adult Dance 4:20 - 5:05pm							
Cycle Challenge 5:30 - 7:00pm Tony (90 minute class)		Cyclefit 5:15-6:15pm Elise ★	Prenatal Yoga 5:15pm - 6:15pm Dorte		Circuit 5:30 - 6:25pm Irene	Cyclefit 5:15 - 6:00pm Nicole	Fab Abs 4:30-5:15pm Cheryl ★	Cyclefit 5:15-6:15pm Carissa ★					
		Summer Shape Up! 6:30-7:30pm	Step & Strength 6:35 - 7:30pm Yvonne	Cyclefit 6:35-7:30pm Jennifer	Step & Strength 6:35 - 7:30pm Julia ★	Yin Yoga 6:15 - 7:30pm Dorte (75 minute class)			Zumba 6:00 - 7:00pm Daniela				
Bhangra Aerobics 7:15-8:15pm Taranjeet	Muscle Pump 6:35-7:35pm Margie ★	Gauntlet (GYM) 7:00 - 8:00pm Greg											
	Kickbox / Circuit 7:40 - 8:35pm Brandon			Yoga Core 7:40 - 8:35pm Allen	Pilates Level 2/3 7:40-8:40pm Chelsea	Fit 4 Two Prenatal 7:40 - 8:40pm Tracey							



Shaded Boxes Represents Registered Programs
See Leisure guide or membership desk
For more details

Childminding Hours:

Mon-Thurs 8:30am-8:45pm
Fri 8:30am - 8:30pm
Sat & Sun 8:45am - 4:00pm



For more info call:
604-575-9622
ext 2250



Please note instructors are subject to change

Indicates a New or Change of time class



Come out and support the YMCA's Annual Giving Campaign by attending the 2010 Watershed Adventure Race! Run/Bike/Run in the Delta Watershed on September 25th. www.watershedadventure.ca for more information.

