



# FALL SCHEDULE 2022

## GROUP FITNESS



September 6 to Week of December 24<sup>th</sup>, 2022

REGISTER UP TO 24 HOURS IN ADVANCE

<https://ymcaofcapebreton.punchpass.com>

### MONDAYS

#### Frank Rudderham YMCA

**7:00am** Cycle Fit - Colette  
**7:45am** Ripped - Sheila (Gym)  
**9:15am** Cycle Fit - Christine  
**12:05pm** Group Active - Tanya (Studio)  
**12:05pm** Cycle Fit - Anita /Lynn  
**4:45pm** Group Blast - Alicia & Ellen (Studio)  
**5:15pm** Cycle Fit - Shawna  
**6:00pm** Hatha Flow Yoga - Christine (Please Bring a Yoga Mat)  
**6:00pm** Group Power - Alicia (Studio)

#### Membertou:

**10:30am** Hatha Yoga -Joyce (Please bring a yoga mat)

### TUESDAY

#### Frank Rudderham YMCA

**5:50am** H.I.I.T - Jen (Gym)  
**7:00am** Pilates - Kathleen (Studio) (Please bring a large foam roller, 2 yoga blocks & a yoga mat)  
**9:15am** Group Power - Celeste (Studio)  
**10:30am** Living Fit - Tanya (Studio) **\*Start Sept 27<sup>th</sup>**  
**10:30am** Chair Cardio Yoga - Mohammad (Please Bring a Yoga Mat)  
**12:05pm** Group Power - Colette & Joanne (Gym)  
**12:05pm** Group Blast - Eileen & Andrea (Studio)  
**12:05pm** Cycle Fit - Allison  
**5:15pm** Cardio Core - Kim (Studio) **\*Start Sept 13<sup>th</sup>**  
**5:30pm** Beginner Yoga - John (Please bring a yoga mat)  
**6:30pm** Bhangra Fitness - Ankit **\*Start Sept 13<sup>th</sup>**

### WEDNESDAY


#### Frank Rudderham YMCA

**7:00am** Cycle Fit – Colette  
**7:45am** Ripped - Sheila(Gym)  
**9:15am** Cycle Fit - Elaine  
**10:30am** Beginner Pilates - Kathleen (Studio) (Please bring a large foam roller, 2 yoga blocks & a yoga mat)  
**10:30am** Hatha Yoga - Susan (Please Bring a Yoga Mat)  
**12:05pm** Group Active - Tanya (Studio)  
**12:05pm** Cycle Fit - Eric  
**4:45pm** Group Blast - Carole Lee & Katelyn (Studio)  
**5:15pm** Cycle Fit - Kathleen  
**5:45pm** Group Power - Carmie & Alicia (Studio)  
**6:45pm** Zumba - Carmie

#### Membertou:

**10:30am** Parent & Baby-Shannon  
**\*Starts Sept 21<sup>st</sup>**  
**4:15pm** Group Power - Joanne





Please remember that everyone 16+ is required to show photo I.D. to enter the YMCA. If you are a member or have been a member and we have a photo of you in our system, no government ID is required. Please remember to bring your YMCA membership card.

**YMCA LOCATIONS:**

Frank Rudderham 902-562-9622  
Membertou - 902-270-9622

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**THURSDAY**

**Frank Rudderham YMCA**

**5:50am** H.I.I.T - Jen (Gym)  
**7:00am** Gentle Yoga - Rhoda  
**9:45am** Beginner Cycle Fit - Joan **\*Starts Sept 22nd**  
**10:30am** Living Fit - Joan **\*Starts Sept 22nd**  
**10:30am** Chair Yoga - Mohammad (Please Bring a Yoga Mat)  
**12:05pm** Group Power - Colette & Joanne (Studio)  
**12:05pm** H.I.I.T- Lynn (Gym)  
**12:05pm** Power Yoga -Janice  
**4:45pm** Group Blast -Carole Lee & Katelyn (Studio)  
**5:15pm** Cycle Fit - Colette  
**5:45pm** Strong Nation -Janice & Rebecca (Studio)

**Membertou:**

5:30pm Flow Yoga - Naseem

**FRIDAY**

**Frank Rudderham YMCA**

**6:00am** Group Blast - Eileen & Alicia (Studio)  
**7:00am** Cycle Fit - Colette  
**7:45am** Ripped - Sheila(Gym)  
**9:15am** Cycle Fit - Anita  
**12:05pm** Zumba - Wesley (Studio)  
**12:05pm** Cycle H.I.I.T - Eric & Allison  
**10:30am** Line Dancing - Linda (Gym) **\*Starts Sept 23<sup>rd</sup>**  
**10:30am** Hatha Yoga - Valerie  
**5:00pm** Pilates - Kathleen (Studio) (Please bring a large foam roller, 2 yoga blocks & a yoga mat)  
**6:00pm** Group Power - Alicia (Studio)

**SATURDAY**

**Frank Rudderham YMCA**

**9:00am** 30/30 - Eileen & Helen (Studio)  
**10:30am** Cycle Fit - Colette  
**10:15am** Group Blast - Alicia & Ellen (Studio)  
**11:30am** Group Power - Colette & Carmie (Studio)

**Membertou:**

**9:30am** Hatha Yoga - Susan  
**\*Starts Sept 24th**

**SUNDAY**

**Frank Rudderham YMCA**

**8:15am** Group Ride - Helen  
**9:10am** Fire up - Helen (Studio)  
**10:00am** Group Blast - Eileen & Andrea (Studio)  
**11:00am** Cycle Fit - Colette

**Revised August 26th**