



WINTER SCHEDULE

GROUP FITNESS Starts Jan 3rd 2023



MONDAY

Frank Rudderham Family YMCA

7:00am	Spin - Colette
7:45am	Ripped - Sheila
9:15am	Spin - Christine
10:45am	Balance - Elaine
12:05pm	Group Active - Tanya
12:05pm	Spin - Anita / Lynn
1:00pm	Vinyasa Flow Yoga - Kelsey
4:45pm	Group Blast - Alicia & Ellen
5:10pm	Spin - Vicki / Meaghan
6:00pm	Hatha Flow Yoga - Christine
6:00pm	Group Power - Alicia
7:00pm	Bhangra Fitness - Ankit

Membertou

10:30am	Hatha Yoga - Joyce
4:15pm	Group Power - Joanne
6:30pm	Zumba - Kenia





TUESDAY

Frank Rudderham Family YMCA

5:45am	H.I.I.T - Jen
7:20am	Pilates - Kathleen
9:15am	Group Power - Celeste
10:30am	Easy Flow Yoga - Duncan
12:05pm	Group Power - Anita & Joanne
12:05pm	Group Blast - Eileen & Andrea
12:05pm	Spin - Allison
4:15pm	Spin Express - Anita
5:15pm	Cardio Core - Kim
5:30pm	Beginner Yoga - John
7:45pm	Group Fight - Colette

Membertou

7:00am	H.I.I.T. – Colette
10:00am	Getting Started Stay Strong - Tanya

WEDNESDAY

Frank Rudderham Family YMCA

7:00am	Spin - Colette
7:45am	Ripped - Sheila
9:15am	Spin - Terrie
10:30am	Hatha Yoga - Susan
12:05pm	Group Active - Tanya
12:05pm	Spin - Eric
4:00pm	Gentle Flow Yoga - Christa
4:45pm	Group Blast - Carole Lee & Katelyn
5:10pm	Spin - Kathleen
5:45pm	Group Power - Carmie & Alicia
6:00pm	Classical Yoga - Reetika
7:00pm	Zumba - Carmie

Membertou

4:15pm	Group Power - Joanne
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THURSDAY

Frank Rudderham Family YMCA

5:45am	H.I.I.T - Jen
7:00am	Group Active - Colette
9:15am	Pilates - Kathleen
9:45am	Beginner Spin - Joan
10:30am	Living Fit - Joan
12:05pm	Group Power - Joanne
12:05pm	H.I.I.T - Lynn
12:05pm	Power Yoga - Janice
4:45pm	Group Blast - Carole Lee & Katelyn
5:10pm	Spin - Colette & Shawna
5:45pm	Strong Nation - Janice & Rebecca
6:00pm	Gentle Flow - Rhoda

FRIDAY

Frank Rudderham Family YMCA

6:00am	Group Blast - Eileen & Alicia
7:00am	Spin & Flow - Colette
7:45am	Ripped - Sheila
9:15am	Spin - Anita/Vicki
10:30am	Line Dancing - Linda
10:30am	Hatha Yoga - Valerie
12:05pm	Zumba - Wesley
12:05pm	Spin H.I.I.T - Eric & Allison
5:30pm	Spin - Shannon *NEW Feb 3rd
6:00pm	Group Power - Alicia

Membertou

12:05pm	Step - Andrea & Colette
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SATURDAY

Frank Rudderham Family YMCA

9:00am	30/30 - Eileen & Helen
9:00am	Spin - Shannon *NEW
10:15am	Group Blast - Alicia & Ellen
10:30am	Spin - Colette
11:30am	Group Power - Colette

Membertou

9:30am	Hatha Yoga - Susan
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SUNDAY

Frank Rudderham Family YMCA

8:15am	Group Ride - Helen
9:10am	Fire up - Helen
10:00am	Group Blast - Eileen & Andrea
11:00am	Spin - Various Instructors

Membertou

9:30am	Step & Rep - Colette
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THINGS TO KNOW:

*Advance registration for all group fitness classes is required via:
<https://ymcaofcapebreton.punchpass.com>

*Please remember to bring your YMCA membership card

Revised Date: January 27, 2023

