





## 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 <b>*NEW</b>
12:05pm	Group Power - Anita & Joanne
12:05pm	Group Blast - Eileen & Andrea
12:05pm	Spin - Allison
4:15pm	Spin Express - Anita <b>*NEW</b>
5:15pm	Cardio Core - Kim
5:30pm	Beginner Yoga - John
7:45pm	Group Fight - Colette <b>*NEW</b>

### Membertou

7:00am	H.I.I.T. – Colette <b>*NEW</b>
10:00am	Getting Started Stay Strong - Tanya

## WEDNESDAY

### Frank Rudderham Family YMCA

7:00am	Spin - Colette
7:45am	Ripped - Sheila (February 3, 2023)
9:15am	Spin - Terrie
10:30am	Hatha Yoga - Susan
12:05pm	Group Active - Tanya
12:05pm	Spin - Eric
4:00pm	Gentle Flow Yoga - Christa (January 11, 2023)
4:45pm	Group Blast - Carole Lee & Katelyn
5:10pm	Spin - Kathleen
5:45pm	Group Power - Carmie & Alicia
6:00pm	Classical Yoga - Reetika <b>*NEW</b>
7:00pm	Zumba - Carmie

### Membertou

10:30am	Parent & Baby - Shannon
4:15pm	Group Power - Joanne





## THURSDAY

### Frank Rudderham Family YMCA

5:45am	H.I.I.T - Jen
7:00am	Group Active - Colette <b>*NEW</b>
9:15am	Pilates - Kathleen
9:45am	Beginner Spin - Joan (January 12, 2023)
10:30am	Living Fit - Joan (January 12, 2023)
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 <b>*NEW</b>

## FRIDAY

### Frank Rudderham Family YMCA

6:00am	Group Blast - Eileen & Alicia
7:00am	Spin & Flow - Colette <b>*NEW</b>
7:45am	Ripped - Sheila (February 3, 2023)
9:15am	Spin - Anita/Vicki
10:30am	Line Dancing - Linda (January 20, 2023)
10:30am	Hatha Yoga - Valerie
12:05pm	Zumba - Wesley
12:05pm	Spin H.I.I.T - Eric & Allison
6:00pm	Group Power - Alicia

### Membertou

12:05pm	Step - Andrea & Colette <b>*NEW</b>
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## SATURDAY

### Frank Rudderham Family YMCA

9:00am	30/30 - Eileen & Helen
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 <b>*NEW</b>

### Membertou

<b>*NEW</b> 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 3, 2023

