Summer 2023

Group Fitness Schedule

Monday:

6:00am Group Active - Lisa
7:00am Group Ride - Helen
9:15am YRide - Kathleen
10:30am Chair Yoga - Mohammed
12:05pm YRide - Anita/Lynn
12:05pm Group Active - Tanya
4:45pm Group Blast - Alicia & Ellen
5:15pm YRide - Meaghan
6:00pm Group Power - Alicia
6:00pm Hatha Flow Yoga - Christine (Green Space across from Wentworth Park on King's Rd.)
7:15pm Easy Flow Yoga - Nitishikha

MEMBERTOU- Monday

10:30am Hatha Yoga - Joyce
6:00pm Bhangra - Ankit

Tuesday:

5:45am H.I.I.T - Jen
6:15am YRide - Scott
7:20am Pilates - Kathleen
8:30am YRide - Chellsye
10:30am Hatha Yoga - Valerie
12:05pm YRide & Strength - Allison
12:05pm Group Blast - Eileen & Andrea

Tuesday Continued:

12:05pm Group Power - Joanne
4:15pm YRide Express - Anita
5:00pm Bhangra - Ankit
5:15pm YRide - Colette
6:00pm Beginner Yoga - John

MEMBERTOU- Tuesday:

7:00am Step & Rep - Colette
9:00am Getting Started Stay Strong - Suzanne
9:15am Group Power - Celeste
4:15pm Group Fight - Joanne

Wednesday:

7:00am YRide - Colette
9:15am YRide - Terrie/Anita
10:30am Hatha Yoga - Rhoda
12:05pm Group Active - Tanya
12:05pm YRide & Strength - Eric
4:45pm Group Blast - Carol Lee & Katelyn
5:15pm YRide - Vicki
5:45pm Group Power - Alicia

Membertou - Wednesday:

10:30am Chair Yoga - Mohammed
4:15pm Group Power - Joanne

Thursday:

5:45am H.I.I.T - Jen
6:15am YRide - Scott
7:00am Group Active - Colette
10:30am Chair Yoga - Robert
12:05pm Group Power - Joanne
1:00pm Power Yoga - Janice
4:15pm YRide - Scott
4:45pm Group Blast - Carol Lee & Katelyn
5:15pm YRide - Colette
5:45pm Strong Nation - Janice & Rebecca

MEMBERTOU- Thursday

9:00am Getting Started Stay Strong - Suzanne
4:15pm Group Power - Joanne
6:00pm Hatha Yoga - Susan

Summer Schedule 2023

Group Fitness

Friday:

6:00am Group Blast - Eileen
7:00am YRide & Stretch - Shawna
9:15am YRide - Vicki
10:30am Hatha Yoga - Valerie
12:05pm YRide H.I.I.T - Eric & Allison
5:30pm YRide - Shannon

Saturday:

9:00am 30/30 -Eileen & Helen
9:00am YRide - Colette
10:15am Group Blast - Alicia & Ellen
11:30am Group Power - Alicia

MEMBERTOU- Saturday:

11:30am Chair Yoga - Robert

Sunday:

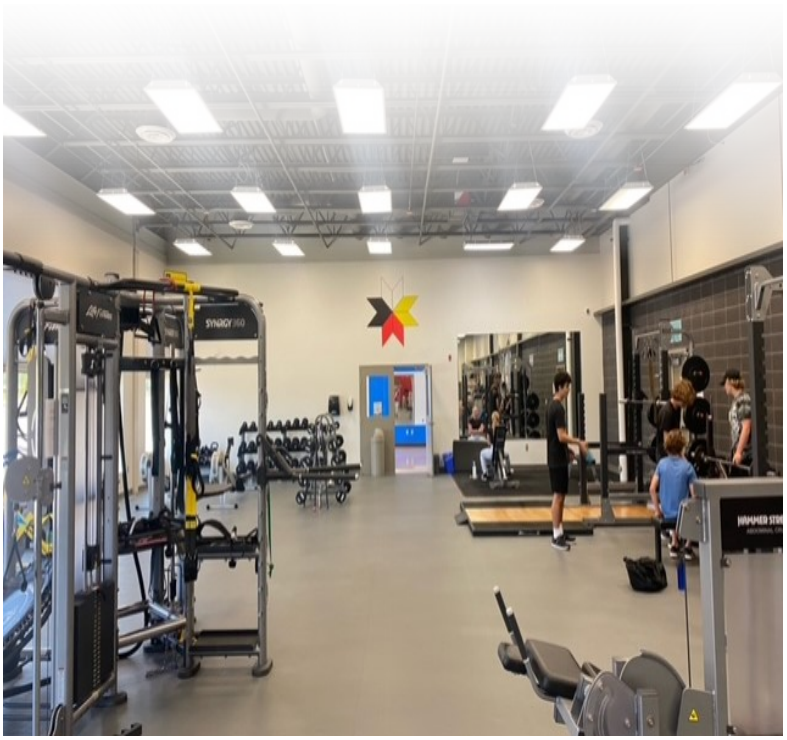
9:00am Fire Up - Helen
9:00am YRide - Colette
10:00am Group Blast – Eileen & Andrea

Hours of operation:

Frank Rudderham:
Monday to Friday 5am to 9pm
Saturday & Sunday 8am to 5pm

Membertou:
Monday to Friday 6am to 8pm
Saturday & Sunday 8am to 1pm

Revised: June 30, 2023



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