



Shine On

## FALL 2023 SCHEDULE

# Group Fitness

### MONDAY

#### Frank Rudderham

- 7:00am** Y Ride - Colette
- 7:45am** Ripped - Sheila
- 9:15am** Y Ride - Christine
- 10:30am** Chair Yoga - Mohammed
- 12:05pm** Group Active - Colette
- 12:05pm** Y Ride - Anita / Lynn
- 4:45pm** Group Blast - Alicia & Ellen
- 5:15pm** Y Ride - Vicki
- 6:00pm** Hatha Flow Yoga - Christine
- 7:00pm** Zumba - Carmie

#### Membertou

- 10:30am** Hatha Yoga - Joyce
- 4:15pm** Group Power - Joanne
- 6:00pm** Group Power - Alicia

### TUESDAY

#### Frank Rudderham

- 5:30am** H.I.I.T - Jen
- 6:15am** Y Ride - Scott
- 7:20am** Pilates - Kathleen
- 8:45am** Y Ride - Chellsye
- 10:30am** Gentle Flow Yoga - Valerie
- 12:05pm** Group Power - Joanne
- 12:05pm** Group Blast - Eileen & Andrea
- 12:05pm** Y Ride & Strength - Allison
- 4:15pm** Y Ride Express - Anita
- 5:00pm** Cardio Core - Kim
- 5:15pm** Y Ride - Meaghan
- 6:00pm** Beginner Yoga - John

#### Membertou

- 7:00am** Step & Rep - Colette
- 9:15am** Group Power - Celeste
- 9:00am** Getting Started Stay Strong - Tanya/Suzanne **\*Starts**  
**Sept 12th**
- 4:30pm** Group Active - Lisa
- 6:00pm** Bhangra Fitness - Ankit





## WEDNESDAY

### Frank Rudderham

- 5:30am** Y Ride - Shannon
- 7:00am** Y Ride - Colette
- 7:45am** Ripped - Sheila
- 9:15am** Y Ride - Terrie
- 10:30am** Gentle Flow Yoga - Rhoda
- 12:05pm** Group Active - Colette
- 12:05pm** Y Ride & Strength - Eric
- 4:45pm** Group Blast - Carole Lee & Katelyn
- 5:15pm** Y Ride - Shawna
- 5:45pm** Group Power - Alicia
- 7:00pm** Zumba - Rebecca

### Membertou

- 9:00am** Balance - Elaine
- 4:00pm** Gentle Flow Yoga - Christa

## THURSDAY

### Frank Rudderham

- 5:30am** H.I.I.T - Jen
- 6:15am** Y Ride - Scott
- 7:00am** Group Active - Colette
- 8:30am** Beginner Y Ride - Joan **\*Starts Sept 14**
- 9:15am** Pilates - Kathleen
- 9:15am** Living Fit - Joan **\*Starts Sept 14**
- 10:30am** Chair Yoga - Robert
- 12:05pm** Group Power - Joanne
- 12:05pm** HIIT - Lynn
- 1:00pm** Power Yoga - Janice
- 4:45pm** Group Blast - Carole Lee & Katelyn
- 5:15pm** Y Ride - Colette
- 5:45pm** Strong Nation - Janice & Rebecca
- 7:00pm** Classic Yoga - Reetika

### Membertou

- 4:15pm** Group Fight Joanne
- 6:00pm** Hatha Yoga - Susan

## FRIDAY

### Frank Rudderham

- 6:00am** Group Blast - Eileen
- 7:00am** Y Ride & Stretch - Colette
- 7:45am** Ripped - Sheila
- 9:15am** Y Ride - Anita/Vicki
- 10:30am** Line Dancing - Linda (Gym)
- \*Starts Oct 6th**
- 10:30am** Gentle Flow Yoga - Valerie
- 12:05pm** Zumba - Wesley **\*Starts Sept 22nd**
- 12:05pm** Y Ride H.I.I.T - Eric & Allison
- 5:00pm** Group Fight - Colette
- 6:00pm** Group Power - Alicia

## SATURDAY

### Frank Rudderham

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

### Membertou

- 9:30am** Hatha Yoga - Susan **\*Starts Sept 23**
- 11:30pm** Chair Yoga - Robert

## SUNDAY

### Frank Rudderham

- 8:15am** Group Ride - Helen
- 9:10am** Fire up - Helen
- 10:00am** Group Blast - Eileen & Andrea
- 10:30am** Y Ride - Colette

### Membertou

- 9:00am** Step & Rep - Colette

Revised: Aug 29th