

Make Time for **You** to **Shine On**

Sunday, December 24th

Frank Rudderham

8:15am Group Ride – Helen

9:10am Fire up – Helen

10:00am Group Blast - Eileen & Andrea

10:30am Y Ride – Anita

8:15am Group Ride – Helen

9:10am Fire up – Helen

10:00am Group Blast - Eileen & Andrea

10:30am Y Ride – Anita

8:15am Group Ride – Helen

9:10am Fire up – Helen

Monday, December 25th

Frank Rudderham

Closed

Membertou

Closed

Tuesday, December 26th

Membertou

8:00am to 4:00pm

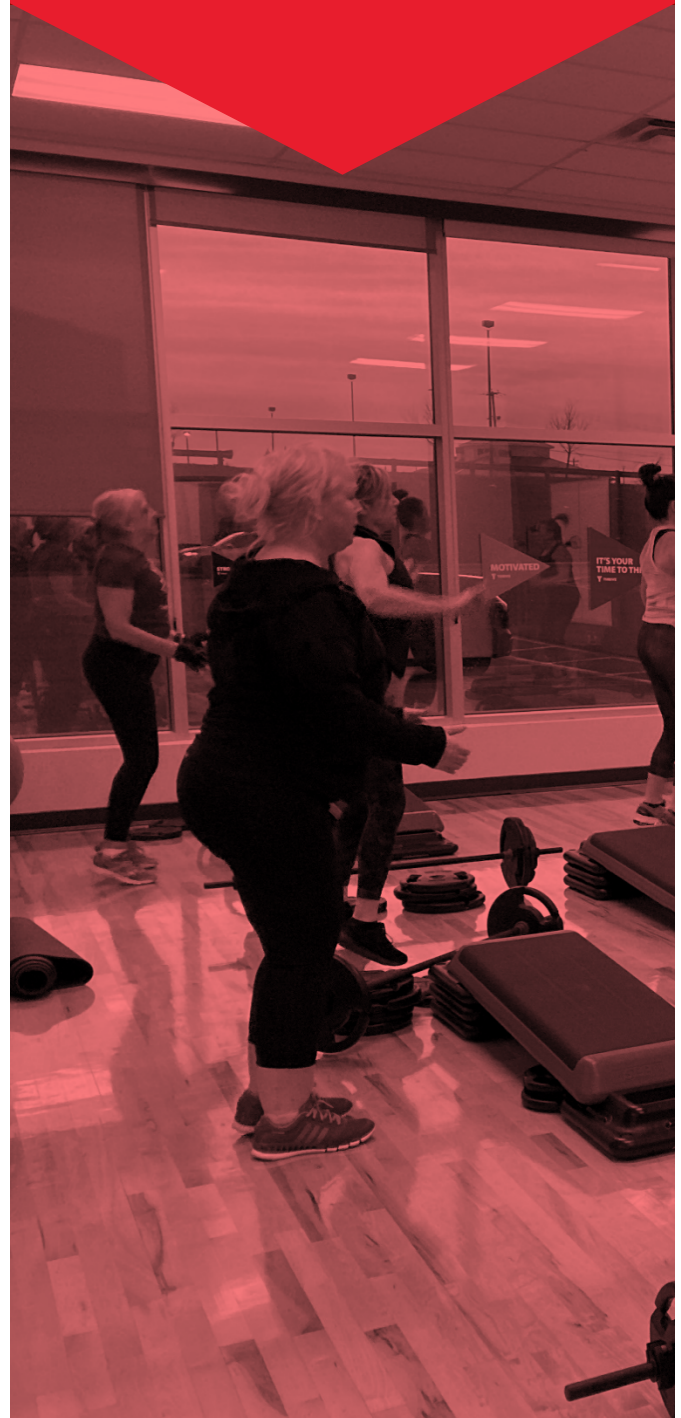
Frank Rudderham

Closed

Holiday Schedule

December 24th, 2023 -
January 2nd, 2024

Group Fitness



Wednesday, December 27th

Frank Rudderham

- 7:45am** Ripped - Sheila
- 9:15am** Y Ride – Terrie
- 9:30am** Gentle Flow Yoga – Rhoda
- 12:05pm** Group Active – Colette
- 12:05pm** Y Ride & Strength – Eric
- 7:00pm** Zumba – Rebecca

Membertou

- 9:00am** Fit Forever – Elaine
- 4:00pm** Gentle Flow Yoga with Christa

Thursday, December 28th

Frank Rudderham

- 12:05pm** Group Power – Colette
- 12:05pm** YRide Express – Lynn
- 4:45pm** Group Blast - Carole Lee & Katelyn
- 5:15pm** Y Ride – Colette
- 5:45pm** Strong Nation - Janice & Rebecca

Membertou

- 11:00am** Chair Yoga – Robert
- 6:00pm** Hatha Yoga – Susan

Friday, December 29th

Frank Rudderham

- 6:00am** Group Blast - Eileen
- 7:45am** Ripped - Sheila
- 9:15am** Y Ride – Vicki
- 10:30am** Gentle Flow Yoga – Valerie
- 12:05pm** Zumba – Wesley
- 12:05pm** Y Ride H.I.I.T - Eric & Allison

Saturday, December 30th

Frank Rudderham

- 9:00am** 30/30 - Eileen & Helen
- 9:00am** Y Ride – Colette
- 10:00am** Y Ride – Shannon
- 1:00pm** Gentle Flow Yoga – Nitishikha

Membertou

- 9:30am** Hatha Yoga – Susan
- 11:30pm** Chair Yoga – Robert

Sunday, December 31

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

Monday, January 1st, 2024

Frank Rudderham

Closed

Membertou

Closed

Tuesday, January 2nd, 2024

Frank Rudderham

- 10:00am** Resolution Y Ride – Colette (1.5 hrs long)
- 10:30am** Chair Yoga – Robert
- 12:05pm** Group Blast - Eileen & Andrea
- 12:05pm** Y Ride & Strength – Allison
- 5:00pm** Cardio Core – Kim
- 5:15pm** Y Ride – Meaghan
- 6:00pm** Beginner Yoga – John

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