

Winter Schedule  
**2024**  
**Group  
Fitness**



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

**MONDAY**

**Frank Rudderham**

**7:00am** Y Ride – Colette

**7:45am** Ripped – Sheila

**9:15am** Y Ride - Chellsye

**9:15am** Fit Forever – Elaine

**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

**7:05pm** Zumba – Carmie & Rebecca

**Membertou**

**9:00am** Dance for Health: Ballet Plus – Sandra

**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
- 7:20am Pilates - Kathleen *\*Starts Jan 16th*
- 10:30am Chair Yoga – Robert
- 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
- 6:15pm Y Ride - Scott

### Membertou

- 9:00am Getting Started Stay Strong – Tanya/Suzanne
- 9:15am Group Power – Celeste
- 4:30pm Group Active - Lisa

## Wednesday

### Frank Rudderham

- 5:30am Y Ride – Shannon
- 7:00am Y Ride – Colette
- 7:45am Ripped - Sheila
- 9:15am Y Ride – Terrie
- 9:30am Gentle Flow Yoga – Rhoda
- \* Last class Jan 10th*
- 10:30am Hatha Yoga – Susan
- \*Starts Jan 17th*
- 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 & Carmie
- 6:15pm Y Ride – Scott
- 7:00pm Zumba – Carmie & Rebecca

### Membertou

- 4:00pm Gentle Flow Yoga with Christa

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## Thursday

### Frank Rudderham

- 5:30am H.I.I.T - Jen
- 7:00am Fire Up – Helen
- 9:15am Pilates – Kathleen *\*Starts Jan 11th*
- 10:30am Living Fit – Joan
- 12:05pm Group Power – Joanne
- 12:05pm Cardio Pump – Lynn
- 4:45pm Group Blast - Carole Lee & Katelyn
- 5:15pm Y Ride – Colette
- 5:45pm Strong Nation - Rebecca
- 7:00pm Classical Yoga – Reetika

### Membertou

- 9:00am Getting Started Stay Strong – Tanya/Suzanne
- 4:15pm Group Fight – Joanne

## 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 Jan 12th*
- 10:30am Gentle Flow Yoga – Valerie
- 12:05pm Zumba – Wesley
- 12:05pm Y Ride H.I.I.T - Eric & Allison
- 4:45pm Y Ride – Scott
- 5:00pm Group Fight – Joanne
- 6:00pm Group Power – Alicia



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**Saturday**

**Frank Rudderham**

- 7:50am Pilates – Kathleen
- 9:00am 30/30 - Eileen & Helen
- 9:00am Y Ride – Colette
- 10:15am Group Blast - Alicia & Ellen
- 10:00am Y Ride – Shannon
- 1:00pm Gentle Flow Yoga – Nitishikha

**Membertou**

- 9:30am Hatha Yoga – Susan
- 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 – YMCA Instructor

**Membertou**

- 9:00am Step & Rep – Colette

**Revised:** January 3, 2024

