

## FALL 2024 SCHEDULE

September 3rd - December 21st

# Group Fitness

### MONDAY

#### Frank Rudderham

6:30am Y Ride Express-Scott  
9:15am Y Ride-Chellsye  
12:05pm Y Ride-Anita/Lynn  
12:05pm Group Active - Colette  
4:45pm Group Blast-Alicia  
5:30pm Y Ride-Andrea  
6:00pm Hatha FlowYoga-Christine  
7:05pm Zumba-Carmie

#### Membertou

10:30am Hatha Yoga  
-Joyce  
4:15pm Group Power-  
Joanne  
5:30pm Muscle Fit-  
Rosemarie

### TUESDAY

#### Frank Rudderham

5:30am Functional H.I.I.T - Jen  
7:15am Pilates (Advanced) Kathleen  
9:15am Balance & Low Impact -  
Vicki  
12:05pm Group Blast - Eileen &  
Andrea  
12:05pm Group Power-Joanne  
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 Group Power -  
Kelly  
9:00am Getting Started Stay  
Strong- Suzanne  
9:15am Group Power-  
Celeste  
10:30am Chair Yoga-  
Mohammed  
4:30pm Group Active-Lisa

### WEDNESDAY

#### Frank Rudderham

5:30am Y Ride-Shannon  
6:00am Cardio Intervals-Michelle  
6:30am Y Ride Express - Scott  
7:45am Ripped - Sheila  
9:15am Y Ride-Christine  
9:15am Hatha Yoga- Rhoda  
12:05pm Group Active-Colette  
12:05pm Y Ride & Strength-Eric  
(Starts October 2nd)  
4:45pm Group Blast-  
Carole Lee & Alicia  
5:15pm Y Ride-Shawna  
5:45pm Group Power-Alicia & Car-  
mie  
7:00pm Zumba-Carmie & Rebecca

#### Membertou

9:00am Dance for Health:  
Ballet Plus-Sandra  
4:00pm Gentle Flow  
Yoga- Christa

## Registration Required

Please visit our  
website to sign up  
[capebreton.ymca.ca](http://capebreton.ymca.ca)



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### THURSDAY

#### Frank Rudderham

5:30am Functional H.I.I.T-Jen  
7:00am Fire Up-Helen  
9:15am Pilates (Beginner)-  
Kathleen  
10:30am Living Fit-Joan  
12:05pm Group Power-Joanne  
12:05pm Y Ride-Mary Frances  
4:45pm Group Blast-Carole Lee  
5:15pm Y Ride-Colette  
5:45pm Strong Nation-Rebecca  
7:00pm Gentle Flow Yoga -  
Nitishikha

#### Membertou

Strong - Suzanne  
10:30am Chair Yoga-Robert  
12:05pm HIIT-Lynn  
4:15pm Group Fight-Joanne  
5:30pm Muscle Fit-Rosemarie

### FRIDAY

#### Frank Rudderham

6:00am Group Blast-Eileen  
6:30am Y Ride Express - Scott  
7:45am Ripped-Sheila  
9:15am Y Ride-Vicki/Anita  
10:30am Hatha Yoga-Valerie  
10:30am Line Dancing -  
Linda (Gym) (Starts Oct 11th)  
12:05pm Zumba-Wesley

Friday continued

12:05pm Y Ride H.I.I.T-Eric &  
Allsion

5:30pm Y Ride-Andrea  
5:00pm Group Fight-Joanne  
6:00pm Group Power-Alicia

#### Membertou

4:45pm-Group Active - Lisa

### SATURDAY

#### Frank Rudderham

9:00am 30/30-Eileen & Helen  
9:00am Y Ride-Shannon  
10:00am Y Ride-Colette  
10:15am Group Blast-  
Alicia & Ellen  
11:30pm Group Power - Alicia  
1:00pm Zumba - Deanna  
1:15pm Youth: Intro to Y  
Ride-Alicia

#### 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  
10:00am YRide-Taylor & Larissa  
1:00pm Y Ride - Alicia  
5:00pm Classical Yoga-Reetika

#### Membertou

9:00am Step and Rep-Colette

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