

HOLIDAY SCHEDULE

December 22nd - January 4th

Group Fitness

December 22

Frank Rudderham

8:15am Group Ride – Helen
9:10am Fire up – Helen
10:00am Group Blast – Eileen & Andrea
10:00am Y Ride – Taylor/Larissa
1:00pm Y Ride – Alicia S.
5:00pm Classical Yoga – Reetika

December 23

Frank Rudderham

7:45am Ripped Sheila 9:15am Y Ride – Chellsye 12:05pm Y Ride – Colette 5:30pm Y Ride – Andrea 7:00pm Y Ride – Mary Frances

Membertou

10:30am Hatha Yoga Joyce
3:00pm Dance for Health: Ballet Plus – Sanda
4:15pm Group Power – Nicole
5:30pm Muscle Fit – Rosemarie

December 24

Frank Rudderham

7:15am Pilates (Advanced) – Kathleen
9:15am Zumba: Red and Green Edition – Deanna
12:05pm Group Blast: Holiday Hat Edition – Eileen & Andrea
12:05pm Y Ride & Core – Allison

Membertou

7:00am Group Power 45 – Kelly
9:15am Group Power – Celeste
10:30am Chair Yoga: Silly Sock Edition – Robert

December 27

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 & Strength – Allison
5:30pm Y Ride – Andrea
7:15pm Bhangra Blast (Community Event) – Udayan

December 28

Frank Rudderham

8:30am Y Ride – Shannon
9:00am 30/30 – Eileen & Helen
10:00am Y Ride – Colette

Membertou

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

Holiday Hours

December 24 – closed at 3:00pm
December 25, 26 – closed
December 31 – closed at 3:00pm
January 1 – closed

Registration Required

Please visit our website to sign up
capebreton.ymca.ca



HOLIDAY SCHEDULE

December 22nd - January 4th

Group Fitness

December 29

Frank Rudderham

8:15am Group Ride – Helen
9:10am Fire up – Helen
10:00am Group Blast – Eileen & Andrea
10:00am Y Ride – Taylor/Larissa
12:15pm Y Ride – Alicia S.
5:00pm Classical Yoga – Reetika

December 30

Frank Rudderham

7:45am Ripped Sheila
9:15am Y Ride – Chellsye
12:05pm Y Ride – Colette
5:30pm Y Ride – Andrea
6:00pm Hatha Flow Yoga – Christine
7:00pm Y Ride – Mary Frances

Membertou

10:30am Hatha Yoga – Joyce
3:00pm Dance for Health: Ballet Plus – Sanda
4:15pm Group Power – Nicole
5:30pm Muscle Fit – Rosemarie

December 31

Frank Rudderham

7:15am Pilates (Advanced)
– Kathleen

12:05pm Group Blast: New Year's Eve Sparkle and Shine Edition – Eileen & Andrea

Membertou

7:00am Group Power 45 – Kelly
10:30am Chair Yoga – Robert

January 2

Frank Rudderham

7:00am Fire Up – Helen
9:15am Pilates (Beginner) – Kathleen
10:30am Living Fit – Joan
12:05pm Group Power – Colette
4:30pm Y Ride Express – Vicki
4:45pm Group Blast – Carole & Lee
5:45pm Strong Nation – Rebecca
6:30pm Y Ride – Scott
7:00pm Gentle Flow Yoga – Nitishikha

Membertou

10:30am Chair Yoga – Robert
5:30pm Muscle Fit – Rosemarie

January 3

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 & Strength – Allison
4:00pm Zumba – Deanna
5:30pm Y Ride – Andrea
6:00pm Step & Rep – Alicia
7:15pm Bhangra Blast (Community Event) – Udayan

January 4

Frank Rudderham

8:30am Y Ride – Shannon
9:00am 30/30 – Eileen & Helen
10:00am Y Ride – Colette
10:15am Group Blast – Alicia & Ellen
11:30am Group Power – Alicia

Membertou

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

Holiday Hours

December 24 – closed at 3:00pm
December 25, 26 – closed
December 31 – closed at 3:00pm
January 1 – closed

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