



Registration Required

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



Shine On  Cape
Breton

WINTER 2025 SCHEDULE

Starting January 6th

Group Fitness

MONDAY

Frank Rudderham

7:45am Ripped Sheila
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 Flow Yoga –
Christine
7:00pm Y Ride – Mary Frances

Membertou

7:00am Group Power 45 -
Kelly
10:30am Hatha Yoga – Joyce
4:15pm Group Power –
Nicole
5:30pm Muscle Fit –
Rosemarie

TUESDAY

Frank Rudderham

5:30am Functional H.I.I.T - Jen
7:15am Pilates (Advanced) –
Kathleen
9:15am Low Impact Cardio +
Balance - Vicki
12:05pm Group Blast - Eileen &
Andrea
12:05pm Group Power-Joanne
(Gym)
4:30pm Y Ride Express – Anita
4:00pm Zumba - Deanna
5:00pm Cardio Core – Kim
6:00pm Beginner Yoga – John
6:30pm Y Ride – Meaghan

Membertou

9:00am Getting Started Stay
Strong – Suzanne
9:15am Group Power – Ce-
leste
10:30am Chair Yoga –
Robertt
12:05pm SoulBody Yoga
Sculpt - Valerie
4:30pm Group Active - Lisa

WEDNESDAY

Frank Rudderham

6:00am Cardio Intervals – Michelle
7:00am Group Ride – Helen
7:45am Ripped - Sheila
9:15am Y Ride – Christine
9:15am Hatha Yoga – Rhoda
12:05pm Group Active – Colette
12:05pm Y Ride & Strength – Allison
4:45pm Group Blast - Carole Lee &
Alicia
5:30pm Y Ride – Craig
6:00pm Group Power – Alicia &
Carmie
7:00pm Zumba – Rebecca
7:00pm Y Ride - Scott

Membertou

10:00am Dance For Health:
Ballet Plus – Sandra
4:00pm Gentle Flow Yoga –
Christa
5:30pm MuscleFit -
Rosemarie

WINTER 2025 SCHEDULE

Starting January 6th

Group Fitness

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
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

9:00am Getting Started Stay Strong - Suzanne
9:15am Group Power 45 - Kelly
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
7:45am Ripped - Sheila
9:15am Y Ride - Vicki/Anita
10:30am Gentle Flow Yoga - Valerie

Friday Continued

12:05pm Zumba - Wesley
12:05pm Y Ride & Strength - Allison
4:00pm Zumba - Deanna
4:00pm Youth Intro to Y Ride - Alicia (Starts Jan 17th)
5:30pm Y Ride - Andrea
5:00pm Group Fight - Joanne & Alicia
6:00pm Step & Rep - Alicia
7:15pm Bhangra Blast - Udayan

Membertou

4:30pm Group Active - Lisa
10:30am Chair Yoga Plus - Eleanor

SATURDAY

Frank Rudderham

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

Membertou

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

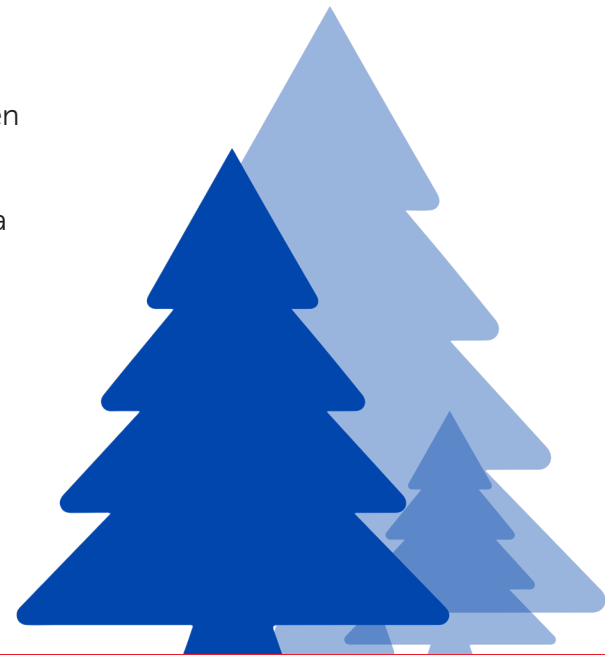
SUNDAY

Frank Rudderham

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

Membertou

9:00am Step and Rep - Colette
(Starts January 12)



Registration Required

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

