

**Summer 2025**  
**July 2-September 7**

# Group Fitness

## Monday

### Frank Rudderham

9:15am Y Ride – Chellsye  
12:05pm Y Ride – Anita & Lynn  
12:05pm Group Active – Wesley  
4:45pm Group Blast - Alicia & Ellen  
5:30pm Y Ride – Andrea  
6:00pm Outdoor Hatha Yoga – Christine (Green Space, Wentworth Park Kings Road)

### Membertou

10:30am Hatha Yoga – Joyce  
12:05pm Group Power - Linda  
4:15pm Group Power – Nicole

## Tuesday

### Frank Rudderham

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

### Membertou

9:00am Getting Started Stay Strong – Suzanne  
10:30am Chair Yoga – Mohammed  
2:00pm Tai Chi – Rod  
4:15pm Muscle Fit – Rosemarie

## Registration Required

Please visit our  
website to sign up



## Wednesday

### Frank Rudderham

7:45am Ripped - Sheila  
9:15am Y Ride – Chellsey/Vicki  
11:00am Gentle Flow Yoga – Valerie  
12:05pm Group Active – Wesley  
12:15pm Y Ride Express– Jeff  
4:45pm Group Blast - Carole Lee & Alicia  
5:30pm Y Ride – Craig  
5:50pm Group Power – Alicia & Mark  
7:00pm Zumba – Rebecca

### Membertou

12:05pm Group Fight - Joanne  
4:15pm Muscle Fit – Rosemarie  
6:45pm Tai Chi – Rod

## Thursday

### Frank Rudderham

5:30am Functional H.I.I.T - Jen  
6:20am Y Ride Express – Scott  
7:00am Fire Up – Helen  
9:15am Zumba – Deanna  
10:30am Living Fit - Joan  
12:05pm Group Power – Joanne  
12:05pm Y Ride – Mary Frances  
4:45pm Group Blast - Carole Lee & Ellen  
5:30pm Y Ride – Andrea  
5:45pm Strong Nation - Rebecca  
7:00pm Gentle Flow Yoga – Niti

### Membertou

9:00am Getting Started Stay Strong – Suzanne  
9:15am Group Power – Kelly  
10:30am Chair Yoga – Robert  
2:00pm Tai Chi - Rod  
4:15pm Group Power – Nicole  
5:30pm Muscle Fit - Rosemarie

## Friday

### Frank Rudderham

6:00am Group Blast – Eileen  
7:45am Ripped - Sheila  
9:15am Y Ride – Vicki  
12:05pm Group Groove– Wesley  
12:15pm Y Ride Express - Alicia S.  
5:00pm Group Power – Mark  
7:15pm Bhangra Blast – Udayan

### Membertou

10:30am – Chair Yoga Plus – Eleanor

## Saturday

### Frank Rudderham

7:45am Pilates (All Levels) - Kathleen  
8:15am Y Ride – Shannon  
9:00am 30/30 - Eileen & Helen  
10:00am Y Ride – Andrea/Colette  
10:15am Group Fight - Alicia  
11:30am Group Power – Alicia

### Membertou

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

## Sunday

### Frank Rudderham

9:00am Fire up – Helen  
10:00am Group Blast - Eileen & Andrea  
10:00am Y Ride – Larissa & Taylor

### Membertou

10:00am Dance for Health: Ballet Plus – Sandra