



**Fall/Winter 2025**  
**September 7 - December 20**

# Group Fitness

## Monday

### Frank Rudderham

10:00am Fit Forever - Elaine  
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 Hatha Flow Yoga - Christine

### Membertou

10:30am Hatha Yoga - Joyce  
4:15pm Group Power - Nicole  
5:30pm Muscle Fit - Rosemarie  
6:00pm Zumba - Deanna (Community Room) Starts Sept 15th

## Tuesday

### Frank Rudderham

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

### Membertou

7:45am Hatha Yoga - Rhoda  
9:15am Getting Started Stay Strong - Suzanne  
9:15am Group Power 45 - Kelly  
10:30am Chair Yoga - Mohammed  
4:30pm Group Active - Lisa  
5:30 Group Fight -O Alicia & Colette (Community Room) Starts Sept 15th  
5:45pm Group Power - Linda

**Registration Required**

Please visit our  
website to sign up



## Wednesday

### Frank Rudderham

Frank Rudderham  
6:00am Cardio Intervals – Michelle  
7:45am Ripped - Sheila  
9:15am Y Ride – Christine  
11:00 Gentle Flow Yoga – Valerie  
12:05pm Group Active – Wesley  
12:05pm Y Ride & Strength – Allison  
4:45pm Group Blast - Carole Lee & Alicia  
5:30pm Y Ride – Craig  
5:50pm Group Power – Alicia & Carmie  
7:00pm Zumba – Rebecca

### Membertou

9:15am Yoga for All Levels - Harsh  
10:30am Dance for Health: Ballet Plus – Sandra  
4:15pm Gentle Flow Yoga – Christa  
12:05pm Group Fight - Joanne  
5:30pm Muscle Fit – Rosemarie  
5:30pm Group Groove - Colette (Community Room) Starts September 15th

## Thursday

### Frank Rudderham

5:30am Functional H.I.I.T - Jen  
6:20am Y Ride Express - Scott  
7:00am Fire Up – Helen  
10:30am Living Fit – Joan  
12:05pm Group Power – Joanne  
12:05pm Y Ride: Shake Up! – Mary Frances  
4:45pm Group Blast - Carole Lee & Ellen  
5:30pm Y Ride – Andrea & Colette  
5:45pm Strong Nation – Rebecca  
7:00pm Traditional Yoga - Nitishikha

### Membertou

7:45am Hatha Yoga – Rhoda  
9:15am Getting Started Stay Strong – Suzanne  
9:15am Group Power 45– Kelly  
10:30am Chair Yoga – Robert  
12:05pm HIIT – Lynn  
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/Anita  
12:05pm Group Groove – Wesley  
12:15pm Y Ride Express – Alicia  
4:00pm Y Ride - Ayanna & Erica  
4:30pm Group Fight – Alicia  
5:30pm Group Power – Mark  
7:15pm Bhangra Blast - Udayan

### Membertou

4:30 pm Group Active – Lisa

## Saturday

### Frank Rudderham

7:45am Pilates (Beginner/Intermediate) - Kathleen  
9:00am 30/30 - Eileen & Helen  
10:00am Y Ride – Colette  
10:15am Group Fight - Alicia  
11:30am Group Power – Alicia & Carmie

### Membertou

8:15am HIIT – Shannon  
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 – Larissa/Taylor