



Winter 2026
Effective January 5

Group Fitness

Monday

Frank Rudderham

7:45am Ripped - Sheila
10:00am Fit Forever - Elaine
9:15am Y Ride – Chellsye
12:05pm Y Ride – Anita/Lynn
12:05pm Group Active – Wesley
1:15pm Beginner Basics – Catherine (Apprentice)
4:45pm Group Blast – Alicia & Ellen
5:30pm Y Ride – Andrea
6:00pm Hatha Flow Yoga – Christine
7:05pm Zumba – Deanna

Membertou

7:00am Power Hour – Jen M. (Starts Jan 19)
10:30am Hatha Yoga – Joyce
12:05pm – Group Power – Linda
4:15pm Group Power – Nicole
5:30pm Muscle Fit – Rosemarie

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
7:00pm Callisthenics – Nitishikha

Membertou

7:45am Hatha Yoga – Rhoda
9:15am Getting Started Stay Strong – Suzanne
9:15am Group Power – Celeste
10:30am Chair Yoga – Robert
4:30pm Group Active - Lisa
5:30pm Group Fight – Alicia & Colette
9:15am Group Power – Kelly
10:30am Chair Yoga – Robert

Registration Required

Please visit our
website to sign up



Wednesday

Frank Rudderham

6:00am Total Toning: Express – 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

10:30am Dance Plus – Sandra
12:05pm Group Fight – Joanne
4:00pm Gentle Flow Yoga – Christa
5:30pm Muscle Fit – Rosemarie
6:30pm Group Groove – Colette

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 Yoga for all Levels – Harsh
9:15am Getting Started Stay Strong – Suzanne
9:15am Group Power – 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
10:30am Line Dancing – Linda (Gym)
12:05pm Group Groove – Wesley
1:15pm Beginner Basics PLUS – Catherine (Apprentice)
12:15pm Y Ride Express – Alicia
4:30pm Group Fight – Alicia
5:30pm Group Power – Mark
7:15pm Bhangra Blast Udayan

Membertou

10:30am Chair Yoga Plus – Eleanor
4:30 pm Group Active – Lisa
6:00pm Family Power Hour – Jen M.
(Starts January 16)

Saturday

Frank Rudderham

7:45am Pilates (Beginner/Intermediate) - Kathleen
9:00am 30/30 - Eileen & Helen
10:00am Y Ride – Colette
10:15am Group Blast - Alicia & Ellen
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 – Colette
11:00am Core – Harsh