

Group Fitness

September 6th to December 20, 2026

Monday

Frank Rudderham

7:40am Ripped - Sheila
9:15am Y Ride - Chellsye
9:15am Fit Forever - Elaine
12:05pm Y Ride - Anita/Lynn
12:05pm Group Active - Wesley
4:45pm Group Power - Alicia & Carmie
5:30pm Y Ride - Andrea
6:00pm Hatha Yoga - Christine
7:05pm Zumba - Deanna

Membertou

6:30am Y WOD - Jen M.
10:30am Hatha Yoga - Joyce
1:30pm Getting Started: Functional Strength & Wellness - Suzanne (starts Oct 5th)
4:15pm Group Power - Nicole
5:30pm Evolve - Rosemarie & Crystal

Tuesday

Frank Rudderham

5:30am Functional H.I.I.T - Jen
6:30am Y Ride Express - Scott
7:15am Pilates (Advanced) - Kathleen
10:00am Stronger Together - Louise
12:05pm Group Blast - Eileen & Andrea
12:30pm Y Ride Express - Erica
4:30pm Y Ride Express - Anita
5:00pm Total Body Conditioning - Kim
5:30pm Y Ride - Meaghan
6:00pm Beginner Yoga - John

Membertou

7:45am Hatha Yoga - Rhoda
9:15am Getting Started: Functional Strength & Wellness - Suzanne (starts Oct 6th)
9:15am Group Power - Kelly
10:30am Chair Yoga - Mohammed
12:05pm Group Power - Joanne
4:30pm Group Active - Jenny & Lisa
5:45pm Group Power - Linda

Wednesday

Frank Rudderham

6:00am Total Toning: Express - Michelle
7:00am Y Ride Express - Scott
7:40am Ripped - Sheila
9:15am Y Ride - Christine
11:00am Gentle Flow Yoga - Valerie
12:05pm Group Active - Wesley
12:05pm Y Ride & Strength - Allison
1:30pm Getting Started: Functional Strength & Wellness - Suzanne (Starts Oct 7th)
4:45pm Group Blast - Carole Lee
5:30pm Y Ride - Craig
5:50pm Group Power - Alicia & Carmie
7:00pm Zumba - Rebecca

Membertou

12:05pm Group Fight - Joanne
4:15pm Gentle Flow Yoga - Christa
5:30pm Evolve - Rosemarie & Crystal

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 Y Ride Shake up - Mary France
4:45pm Group Blast - Carole Lee
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: Functional Strength & Wellness - Suzanne (starts Oct 8th)
9:15am Group Power - Kelly
10:30am Chair Yoga - Robert
12:05pm Group Power - Joanne
4:15pm Group Power - Nicole
5:30pm Evolve - Rosemarie & Crystal

Friday

Frank Rudderham

6:00am Group Blast – Eileen
7:40am Ripped - Sheila
9:15am Y Ride – Vicki/Anita
10:30am Line Dancing – Linda (Starts
October 12th)
12:05pm Group Groove – Wesley &
Colette
12:15pm Y Ride Express – Alicia
5:30pm Y Ride – Erica
6:15pm Bhangra Blast Udayan

Membertou

9:30am Grace & Grit – Sandra
10:30am Chair Yoga Plus – Eleanor
12:05pm Power Intervals – Lynn
1:00am Gentle Flow Yoga – Valerie
4:30 pm Group Active – Jenny & Lisa

Sunday

Frank Rudderham

8:10am Yoga for all Levels – Harsh
8:15am Group Ride – Helen
9:10am Fire up – Helen
10:00am Group Blast - Eileen &
Andrea
10:00am Y Ride – Larissa & Taylor
1:00pm Group Fight - Alicia

Revised: Sept 2, 2026

Saturday

Frank Rudderham

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

Membertou

9:30am Hatha Yoga - Susan
11:30am Chair Yoga - Mohammed

Please note that registration is required. You can sign up
by visiting capbreton.ymca.ca or scanning QR code:

