

## Group Fitness Schedule – Ches Penney Family YMCA (June 21 to September 15, 2024)

**Hours:** Mon.-Thurs. 6:00am-9:30pm | Fri. 6:00am-8:30pm | Sat.-Sun. 7:15am-7:30pm  
**Facility:** Bob Thorburn Studio (BTS) | RE/MAX Main Pool (MP) | Pro-dive Marine Services Play Pool (PP)  
**Closed:** June 24 (June Holiday), July 1 (Canada Day), August 7 (Regatta Day), September 2 (Labour Day)

\*Schedule is subject to change without notice. View "Notices" tab on [ymcanl.com](http://ymcanl.com) for all the latest details.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Early Morning</b>						
9:30-10:30 Yoga BTS	8:30-9:00 Deep Water Fitness MP	9:15-10:00 Aqua Zumba MP	6:15-7:00 Cycle Fit BTS	8:15-9:00 Functional Fitness BTS	8:30-9:00 Osteo Aqua PP	9:15-10:00 Cycle Fit BTS
	9:15-10:00 Aqua Fit MP	9:15-10:15 Yoga BTS	8:30-9:00 Aqua Strength PP	9:15-10:00 Aqua Jog MP	9:15-10:00 Aqua Fit MP	10:30-11:30 Yoga BTS
	9:15-10:15 Yoga BTS	10:30-11:15 Cycle Fit BTS	8:30-9:00 Boot Camp BTS	9:15-10:00 Kettlebell BTS	9:15-10:00 Cycle Fit BTS	
	10:30-11:15 Cycle Fit BTS		9:15-10:00 Aqua Fit MP	10:30-11:00 Cycle Express BTS	10:30-11:15 Functional Fitness BTS	
<b>All classes require registration. To participate, you must have a YMCA membership or short-term pass. Register in person or online at <a href="https://ymcanl.com/online-portals/">https://ymcanl.com/online-portals/</a>.</b>			9:15-10:00 Cycle Fit BTS			
			10:30-11:30 Yoga BTS			
<b>Late Morning &amp; Early Afternoon</b>						
12:00-1:00 Learn to Lift BTS	11:30-12:15 Cardio Core Resistance BTS	11:30-12:15 Functional Fitness Circuits BTS	11:30-12:30 Bars & Plates BTS	11:15-11:45 Yoga Express BTS	12:15-1:00 Bars & Plates BTS	1:15-2:30 Pickleball Intermediate Gym 1 & 2
2:30-4:00 Pickleball Intermediate Gym 1 & 2		12:30-1:15 Ball Fit BTS	4:30-5:15 Pilates BTS	12:15-1:00 Circuit Training BTS		
<b>Evening</b>						
	5:30-6:30 Zumba BTS	5:15-6:15 Yoga BTS	5:30-6:30 Zumba BTS	5:15-6:00 Cycle Fit BTS		
	7:00-8:30 Pickleball Intermediate Gym 1 & 2	7:30-8:15 Aqua Fit MP	6:55-7:25 Adult Swim Lesson MP	7:30-8:15 Aqua Fit MP		
	7:35-8:20 Aqua Fit MP		7:00-8:30 Pickleball Intermediate Gym 1 & 2			