

Downtown Fitness Schedule April 17th— June 30th, 2017

Schedule is subject to cancellations and change. Get the YMCA of Regina Mobile App for daily updates

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Early Morning		*POWERPACING 6:15—7:15 AM LISA	BODYBLAST 5:45-7:00 AM ANN-MARIE	*POWERPACING 6:15-7:15 AM MELODY	VINYASA YOGA 5:45—7:00 AM ANN-MARIE	*POWERPACING 6:15-7:15 AM LISA	*POWERPACING 8:00— 9:00 AM MIKE
Late Morning	*POWERPACING 9:00— 10:00 AM BARRY/ERICA/ LINDSEY						VINYASA YOGA 9:00-10:00 AM ANN-MARIE
	BODYBLAST 11:30-12:30 PM ANDRE						
Noon	**NOON CLASSES WILL RUN 12:10 TO 12:50	*POWERPACING STEPH	*POWERPACING AL	*POWERPACING LOUISE	*POWERPACING LARA/BRAD	*POWERPACING NIGEL/STACIE	*POWERPACING 9:30-10:45 AM DON/LINDSEY/ERICA
		BODYBLAST KIM N./LOUISE	ABS/CORE ☺ LINDSAY	BODYBLAST LINDSAY/BRAD	BOOTCAMP ☺ SHANE	BODYBLAST LOUISE	STEP 10:00-11:00 AM KIM/SHERALYN
		STEP KIM S./SHERALYN	*YOGA LINDA/HELEN	STEP LINDA	YOGA DIANNE	ABS/CORE ☺ SHANE	YOGA 11:15-12:00 PM ADRIAN
		PILATES HELEN	BOOTCAMP ☺ MELODY				FUNCTIONAL INTENSITY 2:00-3:30PM SKIP
Afternoon		*AGELESS CYCLE 2:00— 3:00 PM BEV		*AGELESS FITNESS 2:00— 3:00 PM CHARLES		*AGELESS FITNESS 2:00— 3:00 PM CHARLES	
Evening		POWERPACING 5:30 PM-6:30 PM ROB	*POWERPACING 5:30-6:30 PM BONI	*POWERPACING 5:30-6:30 PM BARRY/LINDSEY	POWERPACING 5:30— 6:30 PM MARGOT/ADELE/ TANIS		
		YOGA 5:30-6:30 PM JOHN/SUSAN	*YOGA 5:30-6:30 PM BEV		BODYBLAST 5:30-6:30 PM BONI		
		INTENSE INTERVALS 5:30-6:30 PM BONI	BODYBLAST 5:30— 6:30 PM KIM/JANET				

Fitness Downtown YMCA

Want to become a fitness volunteer?!

Contact one of our Fitness Directors for more information on becoming certified!



☺ Youth Friendly Classes—Youth can attend if they've taken the Fit Start Course.

*Please see front desk to reserve for classes with limited spots!

For more information on Personal Training please contact Shane Ashby at 757-9622 ext 261 or by email at shane_ashby@regina.ymca.ca