

# Downtown Fitness Schedule July 3rd –September 5th, 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		<b>*POWERPACING</b> 6:15—7:15 AM LISA/ERICA	<b>BODYBLAST</b> 5:45-7:00 AM ANN MARIE	<b>*POWERPACING</b> 6:15-7:15 AM MELODY	<b>VINYASA YOGA</b> 5:45—7:00 AM ANN MARIE	<b>*POWERPACING</b> 6:15-7:15 AM LISA	
Late Morning	<b>*POWERPACING</b> 9:00– 10:00 AM BARRY/ERICA/ LINDSEY						<b>*POWERPACING</b> 8:00– 9:00 AM MIKE  <b>YOGA</b> 9:00-10:00 AM ANN MARIE
Noon	<b>**NOON CLASSES WILL RUN 12:10 TO 12:50</b>	<b>*POWERPACING</b> STEPH  <b>BODYBLAST</b> KIM N./LOUISE  <b>STEP</b> KIM S./SHERALYN  <b>PILATES</b> HELEN	<b>*POWERPACING</b> AL  <b>ABS/CORE ☺</b> LINDSAY  <b>*YOGA</b> LINDA/HELEN  <b>BOOTCAMP ☺</b> MELODY	<b>*POWERPACING</b> LOUISE  <b>BODYBLAST</b> LINDSAY/BRAD  <b>STEP</b> LINDA	<b>*POWERPACING</b> LARA/BRAD  <b>BOOTCAMP ☺</b> SHANE  <b>*YOGA</b> BEV  <b>ABS &amp; ARMS</b> LEE	<b>*POWERPACING</b> NIGEL/STACIE  <b>BODYBLAST</b> LOUISE  <b>ABS/CORE ☺</b> SHANE	<b>*POWERPACING</b> 9:30-10:45 AM DON/ERICA/MARGOT
Afternoon							
Evening		<b>INTENSE INTERVALS</b> 5:30-6:30 PM BONI	<b>*POWERPACING</b> 5:30-6:30 PM BONI  <b>*YOGA</b> 5:30-6:30 PM BEV	<b>*POWERPACING</b> 5:30-6:30 PM BARRY/LINDSEY	<b>BODYBLAST</b> 5:30-6:30 PM BONI		

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