

Downtown Fitness Schedule September 4th- December 31st, 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		CYCLEFIT 6:15-7:15 AM LISA	BODYBLAST 5:45-7:00 AM ANN-MARIE	CYCLEFIT 6:15-7:15 AM MELODY	YOGA 5:45-7:00 AM ANN-MARIE	CYCLEFIT 6:15-7:15 AM ERICA	CYCLEFIT 8:00-9:00 AM MIKE
		*CYCLEFIT 9:00-10:00 AM BARRY/LEE					
Late Morning	BODYBLAST 11:30-12:30 PM ANDRE						YOGA 9:00-10:00 AM ANN-MARIE
Noon	**NOON CLASSES WILL RUN 12:10 TO 12:50	CYCLEFIT STEPH	CYCLEFIT AL	CYCLEFIT LOUISE/STACIE	CYCLEFIT LARA/BRAD	CYCLEFIT NIGEL/LEE	CYCLEFIT 9:30-10:45 AM DON/MARGOT/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	FUNCTIONAL INTENSITY 2:00-3:30PM SKIP
		PILATES HELEN	CARDIO HIIT MELODY				
Afternoon		GENTLE CYCLEFIT 2:00-3:00 PM BEV		GENTLEFIT 2:00-3:00 PM CHARLES		GENTLEFIT 2:00-3:00 PM CHARLES	
Evening		INTENSE INTERVALS 5:30-6:30 PM BONI	CYCLEFIT 5:30-6:30 PM BONI	CYCLEFIT 5:30-6:30 PM BARRY/LINDSEY	CYCLEFIT 5:30-6:30 PM MARGOT/ADELE/ TANIS		
			*YOGA 5:30-6:30 PM BEV			BODYBLAST 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!



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