

Downtown Fitness Schedule January 8th – April 13th, 2018

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	
Late Morning	CYCLEFIT 9:00– 10:00 AM BARRY/LEE						CYCLEFIT 8:00– 9:00 AM MIKE
	BODYBLAST 11:30 AM —12:30 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/RYAN	CYCLEFIT 9:30-10:45 AM DON/SKIP/MARGOT
		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 12:30—2:00 PM SKIP
		CARDIO HIIT MELODY				FUNCTIONAL INTENSITY 2:00—3:30 PM KARA	
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/ROBERT	CYCLEFIT 5:30-6:30 PM BARRY/LINDSEY	BODYBLAST 5:30-6:30 PM BONI		
			YOGA 5:30-6:30 PM BEV		CYCLEFIT 5:30—6:30 PM TANIS/ADELE/ MARGOT		

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