

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		CYCLEFIT 6:15-7:15 AM MELODY		CYCLEFIT 6:15-7:15 AM ERICA	CYCLEFIT 8:00-9:00 AM MIKE
		CYCLEFIT 9:00-10:00 AM BARRY/LEE					
Late Morning							YOGA 9-10:00 AM LORETTA
Noon	**NOON CLASSES WILL RUN 12:10 TO 12:50		CYCLEFIT STEPH	CYCLEFIT AL	CYCLEFIT LOUISE/STACIE	CYCLEFIT LARA/BRAD	CYCLEFIT NIGEL/RYAN
			BODYBLAST KIM N./LOUISE	ABS/CORE LINDSAY	BODYBLAST LINDSAY/BRAD	BOOTCAMP SHANE	BODYBLAST LOUISE
			STEP KIM S./SHERALYN	YOGA LINDA/HELEN	STEP LINDA	YOGA DIANNE	ABS/CORE SHANE
			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/ROBERT	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		

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