



EASTER WEEKEND

Fitness Classes & Facility Hours

Friday March 30, 2018: 7:00 AM – 7:00 PM

9:00am – 10:00am: HIIT (Trevor/Steve) – Gymnasium
10:15am – 11:15: CycleFit (Trevor/Steve) – Cycle Area
1:00pm – 2:00pm: Gentle AquaFit (Helen) – 10m Pool

Saturday March 31, 2018: 7:00 AM – 7:00 PM

9:00am – 10:00am: HIIT (Trevor/Steve) – Gymnasium

Sunday April 1, 2018: 7:00 AM – 7:00 PM

11:00am – 11:30am: Deep Water AquaFit (Adrian) – 20m Pool
11:30am – 12:00pm: Ai Chi (Adrian) – 10m Pool

Swimming Pool

Friday March 30, 2018: 12:00 PM – 6:30 PM

12:00pm – 2:00pm: Lane Swim – 20m Pool
12:00pm – 1:00pm: Lane Swim – 10m Pool
1:00pm – 2:00pm: Gentle AquaFit (Helen) – 10m Pool
2:00pm – 6:30pm: Family Swim – Both Pools

Please refer to the YMCA of Regina App for the most up to date schedule.