

# Downtown Fitness Schedule

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>CYCLEFIT</b> 6:15—7:15 AM LISA	<b>BODYBLAST</b> 5:45-7:00 AM ANN MARIE	<b>CYCLEFIT</b> 6:15-7:15 AM MELODY	<b>YOGA</b> 5:45—7:00 AM ANN MARIE	<b>CYCLEFIT</b> 6:15-7:15 AM ERICA	
	<b>CYCLEFIT</b> 9:00— 10:00 AM BARRY/SKIP	<b>YOGA</b> 6:15—7:15 AM LIGIA					<b>CYCLEFIT</b> 8:00— 9:00 AM MIKE
Late Morning	<b>BODYBLAST</b> 11:30 AM —12:30 ANDRE						<b>YOGA</b> 9:00-10:00 AM ANN MARIE
		<b>CYCLEFIT</b> STEPH	<b>CYCLEFIT</b> AL	<b>CYCLEFIT</b> LOUISE/STACIE	<b>CYCLEFIT</b> LARA/BRAD	<b>CYCLEFIT</b> NIGEL/RYAN	<b>CYCLEFIT</b> 9:30-10:45 AM MULTIPLE INSTRUCTORS
Noon	<b>**NOON CLASSES WILL RUN 12:10 TO 12:50</b>	<b>BODYBLAST</b> KIM N./LOUISE	<b>ABS/CORE</b> SHANE	<b>BODYBLAST</b> LINDSAY/BRAD	<b>BOOTCAMP</b> SHANE	<b>BODYBLAST</b> LOUISE	<b>STEP</b> 10:00—11:00 AM KIM/SHERALYN
		<b>STEP</b> KIM S./SHERALYN	<b>*YOGA</b> SCOTT	<b>STEP</b> MULTIPLE INSTRUCTORS	<b>*YOGA</b> DIANNE	<b>ABS/CORE</b> LINDSAY	<b>FUNCTIONAL INTENSITY</b> 12:30—2:00 PM SKIP
Afternoon		<b>GENTLE CYCLEFIT</b> 2:00—3:00 PM BEV		<b>GENTLEFIT</b> 2:00—3:00 PM CHARLES		<b>GENTLEFIT</b> 2:00—3:00 PM CHARLES	
		<b>INTENSE INTERVALS</b> 5:30-6:30 PM BONI	<b>CYCLEFIT</b> 5:30-6:30 PM BONI/ROBERT	<b>CYCLEFIT</b> 5:30-6:30 PM BARRY/LINDSEY	<b>BODYBLAST</b> 5:30-6:30 PM BONI		
Evening			<b>YOGA</b> 5:30-6:30 PM BEV		<b>CYCLEFIT</b> 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