



Northwest YMCA Fitness Schedule

MAY

Revised: May 3, 2018

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	BODYBLAST 8:00—9:00 Studio Lana	RIPPED 6:30—7:00 Studio Fitness on Demand	WAR 6:30—7:30 Studio Fitness on Demand	PLYOGA FLOW 6:30—7:30 Studio Fitness on Demand	DEEP WATER AQUAFIT 8:00—9:00 20 m Pool (2 lanes) Christina/Nadine	YOGAFIT WARRIORS 6:30—7:30 Studio Fitness on Demand	YOGA INFERNO 8:00—8:45 Studio Fitness on Demand
	CYCLEFIT 9:15—10:15 Cycle Area Trevor/Steve		DEEP WATER AQUAFIT 8:00—9:00 20 m Pool (2 lanes) Christina/Nadine		BOOTCAMP 9:00—10:00 Studio Josh		HIIT 9:00—10:00 Gymnasium Steve/Trevor
	YOGA 11:00—12:00 Classroom B/C Stacie	BODYBLAST 9:30—10:30 Studio Jocelyn	YOGA 9:00—10:00 Studio Candace	CYCFIT 9:30—10:00 Cycle Area Doug	GENTLEFIT 10:00—11:00 Gymnasium Josh	BODYBLAST 9:30—10:30 Studio Jocelyn	
	DEEP WATER AQUAFIT 11:00—11:30 20m Pool Adrian		GENTLEFIT 10:00—11:00 Gymnasium Josh	ABS & CORE 10:05—10:35 Studio Doug	BABY & ME AQUA BOOTCAMP 10:30—11:15 10m Pool Candace/Jennifer	PICKLEBALL 10:00—12:00 Gymnasium	
Afternoon	AI CHI 11:30—11:55 10m Pool Adrian	TABATA A 12:00—12:30 Studio Fitness on Demand	HIIT 10:30—11:15 Studio Bryce	AQUA BOOTCAMP 12:15—1:15 20 m Pool Jennifer			Family ROCKCLIMBING 12:00—1:30 Climbing Wall Luwam
	WAR 2:00—3:00 Studio Fitness on Demand	GENTLE AQUAFIT 2:40—3:40 10 m Pool Helen	BLITZ 3:00—4:00 Studio Fitness on Demand	GENTLE AQUAFIT 2:40—3:40 10 m Pool Helen	HIIT PLYO 3:00—3:30 Studio Fitness on Demand	GENTLE AQUAFIT 2:40—3:40 10 m Pool Helen	Family TAE KWON DO 2:00—3:00 Studio Ian
		BOOT 4:00—5:00 Studio Fitness on Demand		BOOT 4:00—5:00 Studio Fitness on Demand	CYCLEFIT 5:00—5:45 Cycle Area Steve	BOOT 4:00—4:45 Studio Fitness on Demand	
Evening		CYCLEFIT 6:00—7:00 Cycle Area Brad	HIIT 5:30—6:30 Studio Trevor/Lana	DEEP WATER AQUAFIT 5:25—6:25 20 m Pool Wendy/Jocelyn	CARDIO HIIT 5:45—6:45 Studio Trevor		
		ZUMBA 6:00—7:00 Studio Joseé	CYCLEFIT 6:00—7:00 Cycle Area Laurie	CYCLEFIT 5:30—7:00 Cycle Area Trevor	Family TAE KWON DO 7:00—8:00 Studio Ian	Family ROCKCLIMBING 6:00—8:00 Climbing Wall Taylor/Caitlin	
		PRENATAL YOGA 6:00—7:00 Classroom B/C Candace	YOGA 7:00—7:45 Studio Laurie	YOGA 6:00—7:00 Studio Adriana	Family BOULDERING 8:00—9:00 Climbing Wall Hayley		
		YOGA 7:30—8:30 Classroom B/C Loretta	Youth ROCKCLIMBING 6:30—9:00 Climbing Wall Taylor	ZUMBA STEP 7:30—8:30 Studio Joseé			

PICKLE BALL is at the NORTHWEST—Fridays 10:00—12:00.
 CLIMBING FOR ALL AGES—Family Rock-climbing happens Saturdays 12:00—1:30.
 FITNESS ON DEMAND— See the front desk on how to operate the FOD kiosk in the studio! Lots of great fitness classes on demand to choose from!

Download our
 YMCA Regina APP
 for the most
 up-to-date
 schedule!