

# 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> 6:00—7:00 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> 8:30—9:30 AM ANN MARIE
		<b>CYCLEFIT</b> STEPH	<b>CYCLEFIT</b> AL	<b>CYCLEFIT</b> MARGOT/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./SHANE	<b>ABS/CORE</b> SHANE	<b>BODYBLAST</b> LINDSAY	<b>BOOTCAMP</b> SHANE/LAUREN	<b>BODYBLAST</b> LOUISE		<b>STEP</b> 10:00—11:00 AM KIM/SHERALYN
		<b>STEP</b> KIM S./SHERALYN	<b>*YOGA</b> MARGOT	<b>STEP</b> MULTIPLE INSTRUCTORS	<b>*YOGA</b> DIANNE	<b>ABS/CORE</b> LINDSAY		<b>FUNCTIONAL INTENSITY</b> 12:30—2:00 PM SKIP
			<b>CARDIO HIIT</b> MELODY			<b>YOGA</b> DONNA		
Afternoon		<b>GENTLE CYCLEFIT</b> 2:00—3:00 PM BEV						
Evening		<b>INTENSE INTERVALS</b> 5:30-6:30 PM BONI	<b>CYCLEFIT</b> 5:30-6:30 PM BONI/ROBERT	<b>CYCLEFIT</b> 6:00—7:00 PM BARRY	<b>BODYBLAST</b> 5:30-6:30 PM BONI			
			<b>YOGA</b> 5:30-6:30 PM BEV					

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