



Northwest YMCA Fitness Schedule

September

Revised: September 4, 2018

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning				YOGA 7:00—8:00 Studio Ligia			
	CYCLEFIT 9:15—10:15 Cycle Area Trevor/Steve	BODYBLAST 9:30—10:30 Studio Jocelyn/Denae			BOOTCAMP 9:00—10:00 Studio Josh	BODYBLAST 9:30—10:30 Studio Jocelyn/Denae	HIIT 9:00—10:00 Gymnasium Steve/Trevor
			GENTLEFIT 10:00—11:00 Studio Josh		GENTLEFIT 10:00—11:00 Gymnasium Josh	PICKLEBALL 10:00—12:00 Gymnasium	YOGA 10:30—11:30 Classroom B/C Adrianna
		MOBILITY 11:00—11:30 Studio Josh		MOBILITY 11:00—11:30 Studio Josh			
Afternoon							FAMILY TAE KWON DO 2:00—3:00 Studio Ian
Evening			HIIT 5:30—6:30 Studio Trevor/Lana	CYCLEFIT 5:30—7:00 Cycle Area Steve/ Trevor	CYCLEFIT 5:00—5:45 Cycle Area Logan		
		ZUMBA 5:30—6:30 Studio José	CYCLEFIT 6:00—7:00 Cycle Area Laurie		CARDIO HIIT 5:45—6:45 Studio Trevor	Yoga 6:00—7:00 Studio Adrianna	
		CYCLEFIT 6:00—7:00 Cycle Area Brad	YOGA 7:00—7:45 Studio Laurie		EQUIPMENT ORIENTATION 6:00—7:00 Front Desk Josh		
	PRENATAL YOGA 6:00—7:00 Classroom B/C Jacqueline				FAMILY TAE KWON DO 7:00—8:00 Studio Ian		

** Interested in becoming a YMCA volunteer? Talk to one of staff at the front desk to get more info!
 ** Swimming pool is closed for the month of September for yearly shutdown maintenance.
 ** Please register for EQUIPMENT ORIENTATION classes at the front desk.

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