



Northwest YMCA Fitness

October

Revised: October 10, 2018

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning			DEEP WATER AQUAFIT 7:45–8:45 20m Pool Christina		DEEP WATER AQUAFIT 7:45–8:45 20m Pool Christina		
	BODYBLAST 8:00–9:00 Studio Lana			YOGA 7:00–8:00 Studio Ligia	BABY & ME BOOTCAMP 9:00–10:00 10m Pool Jennifer		
	CYCLEFIT 9:15–10:15 Cycle Area Trevor/Steve	BODYBLAST 9:30–10:30 Studio Jocelyn/Denae		CYCLEFIT 9:30–10:00 Cycle Area Doug	BOOTCAMP 9:00–10:00 Studio Josh	BODYBLAST 9:30–10:30 Studio Jocelyn/Denae	HIIT 9:00–10:00 Gymnasium Steve/Trevor
Afternoon			GENTLEFIT 10:00–11:00 Studio Josh	ABS & CORE 10:00–10:30 Studio Doug	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		
		AQUAFIT 2:20–3:20 10m Pool Helen		AQUAFIT 2:20–3:20 10m Pool Helen		AQUAFIT 2:20–3:20 10m Pool Helen	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 Joseé	CYCLEFIT 6:00–7:00 Cycle Area Laurie	YOGA 7:00–8:00 Classroom B/C Loretta	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			

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