



Northwest YMCA Fitness Schedule

DECEMBER

Revised: November 30, 2018

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	BODYBLAST 8:00—9:00 Studio Lana	HIIT 8:15—9:00 Studio Kaytlyn		YOGA 7:00—8:00 Studio Ligia			
	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
			GENTLEFIT 10:00—11:00 Gymnasium Josh	ABS & CORE 10:00—10:30 Studio Doug	GENTLEFIT 10:00—11:00 Gymnasium Josh	PICKLEBALL 10:00—12:00 Gymnasium	
			MOBILITY 11:00—11:30 Studio Josh	HIIT 10:30—11:15 Studio Kaytlyn	MOBILITY 11:00—11:30 Studio Josh		
							FAMILY TAE KWON DO 2:00—3:00 Studio Ian
Afternoon			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	YOGA 7:00—8:00 Classroom B/C Loretta	CARDIO HIIT 5:45—6:45 Studio Trevor		
Evening		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		

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