

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		CYCLEFIT 6:15—7:15 AM LISA	BODYBLAST 5:45-7:00 AM ANN MARIE	CYCLEFIT 6:15-7:15 AM MELODY	YOGA 5:45—7:00 AM ANN MARIE	CYCLEFIT 6:15-7:15 AM ERICA		
	CYCLEFIT 9:00— 10:00 AM BARRY		YOGA 6:00—7:00 AM LIGIA				CYCLEFIT 8:00— 9:00 AM MIKE	
Late Morning	BODYBLAST 11:30 AM —12:30 ANDRE							YOGA 8:30—9:30 AM ANN MARIE
		CYCLEFIT STEPH	CYCLEFIT AL	CYCLEFIT MARGOT/STACIE	CYCLEFIT LARA/BRAD	CYCLEFIT NIGEL/RYAN		CYCLEFIT 9:30-10:45 AM MULTIPLE INSTRUCTORS
Noon	**NOON CLASSES WILL RUN 12:10 TO 12:50	BODYBLAST KIM N./SHANE	ABS/CORE SHANE	BODYBLAST LINDSAY	BOOTCAMP SHANE/LAUREN	BODYBLAST LOUISE		STEP 10:00—11:00 AM KIM/SHERALYN
		STEP KIM S./SHERALYN	*YOGA DONNA	STEP MULTIPLE INSTRUCTORS	*YOGA DIANNE	ABS/CORE SHANE		FUNCTIONAL INTENSITY 12:30—2:00 PM SKIP
			CARDIO HIIT MELODY					
Afternoon		GENTLE CYCLEFIT 2:00—3:00 PM BEV						
Evening		INTENSE INTERVALS 5:30-6:30 PM BONI	CYCLEFIT 5:30-6:30 PM BONI	YOGA 5:30—6:30 PM PEDRO	BODYBLAST 5:30-6:30 PM BONI			
			YOGA 5:30-6:30 PM BEV	CYCLEFIT 6:00—7:00 PM BARRY	YOGA 5:30—6:30 PM JENNIFER			

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