



Northwest YMCA Fitness Schedule

FEBRUARY 2019

Revised: January 25, 2019

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	BODYBLAST 8:00—9:00 Studio Lana			YOGA 7:00—8:00 Studio Ligia			
	CYCLEFIT 9:15—10:15 Cycle Area Trevor/Steve	BODYBLAST 9:30—10:30 Studio Jocelyn/Denae	GENTLEFIT 9:00—9:45 Studio Kaytlyn	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 10:15—10:45 Studio Doug	GENTLEFIT 10:15—11:15 Gymnasium Josh	PICKLEBALL 10:00—12:00 Gymnasium	
			MOBILITY 11:15—11:45 Studio Josh		MOBILITY 11:30—12:00 Studio Josh	BUTTS & GUTTS 11:00—12:00 Studio Josh	
Afternoon				BODYFIT 1:00—2:00 Studio Kaytlyn			FAMILY TAE KWON DO 2:00—3:00 Studio Ian
			HIIT 5:30—6:30 Studio Trevor/Lana	CYCLEFIT 5:30—6:30 Cycle Area Steve/ Trevor	CYCLEFIT 5:00—5:45 Cycle Area Logan		
Evening		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/ Marina		
		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		

Welcome to 2019.



- Our NW facility have a brand new updated cardio area, including treadmills, step mills, rowers, ellipticals, and bikes!
- Notice the new classes on the January schedule.

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