



# Fitness Schedule

## Fall 2020

■ Adult (16+)  
 \* Studio

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7am		Cycle & Strength 7:15-8:00am	Cycle & Strength* 7:15-8:00am Strength Fit 7:15-8:00am	Gentle Yoga* 7:15-8:00am Strength Fit 7:15-8:00am	Meditation* 7:15-7:45am Strength Fit 7:15-8:00am	Cycle & Strength 7:15-8:00am	
8am			TRX* 8:15-8:45am	TRX* 8:15-8:45am	TRX* 8:15-8:45am		
9am		Strength Fit 9:00-9:45am Gentle Yoga* 9:00-10:00am	Cycle & Strength 9:00-9:45am Active Yoga* 9:00-10:00am	Cycle & Strength 9:00-9:45am Gentle Yoga* 9:00-10:00am	Cycle & Strength 9:00-9:45am Active Yoga* 9:00-10:00am	Strength Fit 9:00-9:45am Pilates * 9:30-10:15am	
10am		Forever Fit 10:30-11:30am	Gentle Chair Yoga* 10:30-11:15am	Pilates Strength* 10:30-11:15am	TRX* 10:30-11:45am	Zumba 10:30-11:15am	
12pm		Strength Fit 12:10-12:45pm	Kettlebell Blast 12:10-12:45pm	Active Yoga* 12:10-12:45pm H.I.I.T. 12:10-12:45pm	Kettlebell Blast 12:10-12:45pm	Zumba 12:10-12:45pm TRX* 12:10-12:45pm	
1pm	CLOSED FOR ENHANCED CLEANING						
2pm	1:30-3:00pm						
3pm	CLOSED FOR ENHANCED CLEANING						
4pm			Zumba 4:30-5:15pm				
5pm		Loud Cycle* 5:30-6:15pm	Gentle Yoga* 5:30-6:30pm	Cycle* 5:30-6:15pm	TRX* 5:30-6:15pm		
6pm			Boot Camp 6:00-6:45pm				

Schedules are subject to change.

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