



# Adult Fitness Schedule

Summer Session: July 4 - August 28, 2022

Registration is required for all programs, except Bhangra Fitness.

Summer Building Hours (effective July 2):

Monday - Thursday 5:30 am - 9:00 pm

Friday 5:30 am - 8:00 pm

Saturday & Sunday 7:00 am - 2:00 pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CYCLE 6:15 - 7:00 AM		CYCLE 6:15 - 7:00 AM		BOOTCAMP 6:15 - 7:00 AM
AQUAFIT 8:15 - 9:00 AM				
YOGA 9:15 - 10:00 AM	STRENGTH FIT 9:15 - 10:00 AM	DYNAMIC BOXING 9:15 - 10:00 AM	BOOTCAMP 9:15 - 10:00 AM	TRX/CORE 9:15 - 10:00 AM
AQUAFIT 9:15 - 10:00 AM	AQUAFIT 9:15 - 10:00 AM	AQUAFIT 9:15 - 10:00 AM	AQUAFIT 9:15 - 10:00 AM	AQUAFIT 9:15 - 10:00 AM
			CHAIR YOGA 10:00 - 10:45 AM	<b>Child Minding</b> 6 Months - 5 Years  <i>Monday, Wednesday, Friday &amp; Saturday 9:00 AM - 12:00 PM</i>  <i>Tuesday - Thursday 5:00 - 7:00 PM</i>
	GENTLE STRENGTH 11:00 AM - 12:00 PM		GENTLE STRENGTH 11:00 AM - 12:00 PM	
DYNAMIC BOXING 5:30 - 6:15 PM	BOOTCAMP 5:30 - 6:15 PM		<b>NEW</b> BHANGRA FITNESS 5:30 - 6:15 PM	

An interim Adult Fitness Schedule will begin when the Summer Session ends and run until the Fall Session begins (date TBD).

Schedules are subject to change.

705-497-9622 ymcaneo.ca

Building healthy communities