

St. Catharines Walker Family YMCA

Group Fitness Schedule

Beginning June 30, 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CARDIO BLAST 9:15-10:00am	STEP 9:15-10:00am	CARDIO BLAST 9:15-10:00am	STEP 9:15-10:00am	CARDIO BLAST 9:15-10:00am	HI-LO 9:15-10:00am	STEP 9:15-10:00am
EXPRESS STRENGTH 10:00-10:30 am	EXPRESS STRENGTH 10:00-10:30am	EXPRESS STRENGTH 10:00-10:30 am	EXPRESS STRENGTH 10:00-10:30am	EXPRESS STRENGTH 10:00-10:30am	EXPRESS STRENGTH 10:00-10:30am	EXPRESS STRENGTH 10:00-10:30am
GENTLE FIT 10:45-11:30am		GENTLE FIT 10:45-11:30am				
	YOGA FITNESS 1:10-1:55pm (Multi ABC)		YOGA FITNESS 1:10-1:55pm (Multi ABC)			
STEP 5:30-6:15pm	CORE FUSION 5:30-6:15pm	BOXFIT 5:30-6:15pm	STEP 5:45-6:30pm			
ABS BLAST 6:15-6:30pm		ABS BLAST 6:15-6:30pm	ABS BLAST 6:30-6:45pm			
	CARDIO MIX 6:45-7:45pm		YOGA FITNESS 6:30-7:15pm			

All shaded classes held in mezzanine
Other classes held in East Gym unless marked.

SECOND FLOOR STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CYCLEFIT 5:30-6:15am		CYCLEFIT 5:30-6:15am				
	CYCLEFIT 6:00-6:45am		CYCLEFIT 6:00-6:45am		CYCLEFIT 8:30-9:45am	CYCLEFIT 9:30-10:15am
CYCLEFIT 9:30-10:15am		CYCLEFIT 9:30-10:15am		CYCLEFIT 9:30-10:15am		
CYCLEFIT 5:30-6:15pm	CYCLEFIT 5:30-6:15pm		CYCLEFIT 5:30-6:15pm			
		CYCLEFIT 6:30-7:15pm				

POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AQUAFIT 9:10-9:55am	AQUAFIT 9:10-9:55am	AQUAFIT 9:10-9:55am	AQUAFIT 9:10-9:55am	AQUAFIT 9:10-9:55am		AQUAFIT 9:10-9:55am
AQUAFIT in MODERATION 11:15am-12:00pm		AQUAFIT in MODERATION 11:15am-12:00pm		AQUAFIT in MODERATION 11:15am-12:00pm		
AQUAFIT in MODERATION 2:15-3:00pm	AQUAFIT in MODERATION 2:15-3:00pm	AQUAFIT in MODERATION 2:15-3:00pm	AQUAFIT in MODERATION 2:15-3:00pm	AQUAFIT in MODERATION 2:15-3:00pm		
AQUAFIT 7:30-8:15pm	AQUAFIT 8:05-8:50pm	AQUAFIT 7:30-8:15pm				

*All Classes Subject To Change Without Notice
*Classes will not be offered on Holidays