



Fitness Leadership Courses:

YMCA Group Strength & Cardio Instructor Course

Dates & Times:

Wednesdays, September 27, October 4, 11, 18 - 5:00-9:00pm

Sunday October 1st - 9:00am-5:00pm

Location: Shawnessy YMCA

Barcode: 124913

YMCA Aquatic Fitness Leadership Course

Dates & Times:

October 19 - November 9 - 5:00-9:00 p.m.

Location: Remington YMCA in Quarry Park

Barcode: 123969

YMCA Older Adult Group Fitness Leadership Workshop

Dates & Times: November 1, 8 - 5:30-8:30pm

Location: Shane Homes YMCA at Rocky Ridge

Barcode: 124273

YMCA Group Cycle Fitness Leadership

Location: Brookfield Residential YMCA at Seton

Dates & Times:

Saturday Dec 2nd, 10:30 - 4:30

Tuesday December 5th, 5:30 - 9:00

Thursday December 7th, 5:30 - 9:00

Saturday December 9th, 10:30 - 4:30

Barcode: 125181

YMCA Yoga Fitness leadership Course

Location:

Brookfield Residential YMCA at Seton - BY

Dates & Times:

November 15, 2023, to December 13, 2023 - Wednesdays 6:00pm - 9:00pm - Studio A

November 19, 2023, to December 10, 2023 - Sundays 12:00pm - 6:00pm - Studio A