



ADULT DROP-IN FITNESS CLASSES

YMCA in South Health Campus

April 3rd to June 25th, 2017 - Revised March 27, 2017

Class	Day	Time	Instructor
Cycle Strength	Monday	9:05am-10:05am	Michelle
Core Strength *new*		12:10pm-12:50pm	Sharwyn
Yoga *new*		12:05pm-12:55pm	Noreen
Barbell Blast		5:45pm-6:45pm	Bryan
Group Cycle	Tuesday	6:00am-6:45am	Ron
Fusion *new*		9:00am-10:00am	Wellbeats
Instructor's Choice		12:05pm-12:55pm	Tracey
Zumba		5:45pm-6:45pm	Irma
Yoga *new*		8:00pm-9:00pm	Kelly
Muscle Works	Wednesday	9:05am-10:05am	Jacinta
Core Strength		12:15pm-12:45pm	Bryan
Yoga *new*		4:15pm-5:15pm	Pascale
Muscle works		6:00pm-7:00pm	Randy
Group Cycle	Thursday	6:00am-6:45am	Ron
Definition Series *new*		9:00am-10:00am	Wellbeats
Yoga		12:05pm-12:55pm	Karolina
Yoga		5:00pm-6:00pm	Shripal
Zumba		7:15pm-8:15pm	Martha
HIIT	Friday	9:15am-10:15am	Michelle
Yoga *new*		12:05-12:55pm	Sue
HIIT		12:15pm-12:45pm	Jon
Member's Choice		5:00pm-6:00pm	Wellbeats
Cardio Kickboxing	Saturday	8:00am-8:45am	Rita
Step Fit		9:00am-10:00am	Rita
Barbell Blast *new*		2:00pm-3:00pm	Tara
HIIT	Sunday	8:00am-8:45am	Siea
Performance Cycle		9:00am-10:00am	Ron
Member's Choice		10:10am-11:10am	Wellbeats

Come out today to try our new Wellbeats virtual instructor! This on-demand device allows you to pick and choose the workout YOU want when YOU want it! Wellbeats offers a range of 20-60 minute workouts of varying levels and intensities. See staff for more information.

[*schedule is subject to change* No classes on Stat Holidays*](#)