



# ADULT DROP-IN FITNESS CLASSES

YMCA in South Health Campus

January 9 – March 19, 2017 (Revised January 27<sup>th</sup>, 2017)

Class	Day	Time	Instructor
Cycle Strength	Monday	9:05am-10:05am	Michelle
Yoga		12:05pm-12:55pm	Sally
Barbell Blast		5:45pm-6:45pm	Bryan
Yoga		6:00pm-7:00pm	Dasha
Group Cycle	Tuesday	6:00am-6:45am	Ron
Kinetics		9:00am-10:00am	Wellbeats
Instructor's Choice		12:05pm-12:55pm	Karolina
Zumba		5:45pm-6:45pm	Irma
Muscle Works	Wednesday	9:05am-10:05am	Jacinta
Core Strength		12:15pm-12:45pm	Bryan
Muscle Works		6:00pm-7:00pm	Randy
Group Cycle <i>*NEW* (Begins Jan. 26)</i>	Thursday	6:00am-6:45am	Ron
Muscle Works		9:00am-10:00am	Siea
Yoga		12:05pm-12:55pm	Karolina
Yoga		5:00pm-6:00pm	Shripal
Cross Training		6:00pm-7:00pm	Joel
Zumba		7:15pm-8:15pm	Martha
HIIT	Friday	9:15am-10:15am	Michelle
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
Performance Cycle	Sunday	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. Wellbeats offers kickboxing, cycle, yoga/Pilates fusion, cardio dance, step classes, and MORE!!

\*Due to program bookings in MP1 and MP2 Wellbeats can only be booked outside of program hours.

<http://www.wellbeats.com/>

\*Schedule is subject to change\* No Classes on Stat Holiday\*