

ADULT DROP-IN FITNESS
Downtown Y

Included in Y membership

Non-members: Day Pass fee

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15-7:15am		♦ Freewheeling			♦ Freewheeling		
6:30-7:15am			♦ Freewheeling	♦ Freewheeling			
6:45-7:40am		Rep Reebok		Rep Reebok			
8:00-8:55am						Rep Reebok	
8:15-8:45am	Core Challenge		Core Challenge		Core Challenge		
8:30-9:30am						♦ Freewheeling	♦ Freewheeling
9:00-9:55am	Step & Strength	Bootcamp	Rep Reebok	Bootcamp	Rep Reebok		
9:00-10:00am	♦ Freewheeling			♦ Freewheeling			
9:00-10:15am						Super Sweat	
9:30-10:45am							Step & Strength
10:00-10:55am	Senior Strength		Senior Strength Hardcore Core On The Floor		Total Body Strength		
12:10-12:45pm	♦ Freewheeling	♦ Freewheeling	♦ Freewheeling	♦ Freewheeling	♦ Freewheeling		
12:10-12:50pm	Strength & Motion	Step it Up!	Sweat & Pump	Cardio & Core	Strength & Motion		
2:00-2:55pm						On the Ball	
5:00-5:55pm	Rep Reebok		Bootcamp			♦ Freewheel	♦ Fitness
5:00-5:55pm	Hi/Lo Cardio	Power Step & Pump	Step it Up!	Total Body Strength	Bosu Box	Schedule subject to change. Three person minimum for drop-in classes.	
5:30-6:30pm	♦ Freewheeling	♦ Freewheeling	♦ Freewheeling				
5:30-6:45pm				♦ Freewheeling			
6:00-6:55pm		On the Ball	Rep Reebok	On the Ball			

♦ Space is limited – please pick up a ticket from the Membership Services Desk.

No classes on statutory holidays

Must be minimum 13 years to attend

ADULT DANCE, PILATES & YOGA
Downtown Y

Included in Y membership

Non-members: Day Pass fee

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00-8:00 am				Drop-in Yoga			
9:00-10:15am		Drop-in Yoga					
10:00-10:55am	Drop-in Yoga						
10:30-11:30am		Bellyfit		Bellyfit			
11:00-11:55am					Drop-in Pilates		
11:00am-12:30pm							Drop-in Yoga
12:00-1:00pm	Fusion		Zumba	Drop-in Yoga	NIA		Yoga/Pilates
4:30-5:25pm			Drop-in Yoga				Dance
5:30-6:55pm		Classical Dance Conditioning			Classical Dance Conditioning		Fusion
6:30-7:25pm			▲ Hip Hop			Schedule subject to change. Three person minimum for drop-in classes.	
7:00-8:00pm		▲ Beginner Belly Dance					
7:15-8:10pm			Fusion				
7:30-8:30pm	Drop-in Yoga						

▲ July only.

ADULT AQUAFIT
Downtown Y

Included in Y membership

Non-members: Day Pass fee

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00-11:00am	Shallow Water Aquafit	Shallow Water Aquafit	Aqua Combo	Shallow Water Aquafit	Shallow Water Aquafit		Deep Water Aquafit
11:15am-12:00pm	◆ Gentle Fit		◆ Gentle Fit		◆ Gentle Fit	Schedule subject to change. Three person minimum for drop-in classes.	
1:30-2:30pm	50 & Better Aquafit			50 & Better Aquafit			
5:15-6:00pm		◆ Gentle Fit					
5:15-6:15pm				Aqua Yoga			
7:30-8:30pm	Deep Water Aquafit		Deep Aqua Jog				

◆ Space is limited – please pick up a ticket from the Membership Services Desk.

No classes on statutory holidays

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