

# Drop-in Fitness Schedule 2018

January 2018 \* **Will re-start Jan 23rd**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Y-Cycle 6:15-7:00 am	Yin Yoga 6:00-7:15 am	Y-Cycle 6:15-7:00 am	Y-HIIT/CORE 6:15-7:00 am	Functional Strength Class 6:15-7:15 am	Y-cycle 8:30 – 9:15 am
					Y-Cycle 9:30 – 10:15 am
Aquafit 9:00-9:45 am	Aquafit 9:00-9:45 am	Aquafit 9:00-9:45 am	Aquafit 9:00-9:45 am	Y-Cycle 6:15-7:00 am	<b>Zumba * 10:00-11am</b>
Synergy 360 Class 9:30-10:15 am	Y-Yoga 12:10-12:50 pm	Synergy 360 Class 9:30-10:15 am	Y-Yoga 12:10-12:50 pm	Aquafit 9:00-9:45am	<b>Step &amp; Strength * 11:15-12:15pm</b>
Synergy 360 Class 12:10 – 12:50pm	Y-Fit Kettlebells 12:10-12:50 pm	Y-Fit Y Strength 12:10-12:50 pm	Y-Fit Bootcamp 12:10-12:50 pm	Y-Cycle 12:10-12:50 pm	Aquafit 1:30 – 2:15pm
AquaFit 1:30 – 2:15 pm		Synergy 360 Class 12:10 – 12:50pm			
Y-Fit Circuit 12:10 -12:50 pm	Aquafit 5:30-6:15pm	Y-Cycle 12:10–12:50 pm	Y-Cycle 12:10–12:50 pm	Y-BARRE Fit 12:10-1:00pm	*Drop-in class times are subject to change Stay updated by following us on Facebook and Twitter
Y-Cycle 12:10 – 12:50 am	Zumba 5:30 – 6:30	AquaFit 1:30 – 2:15 pm	Synergy 360 Class 5:30 – 6:15pm	Y-Fit Circuit 12:10-12:50 pm	
Strength & Cond Class 5:30 – 6:30*			Aquastep 7:00-7:45pm		
Beginner Yoga 6:15-7:15 pm	Synergy 360 Class 5:30 – 6:15pm	<b>Zumba * 6:00-7:00pm</b>	Y -BARRE Fit 7:30-8:15 pm	Aquafit 1:30 – 2:15pm	
Y –BARRE Fit 7:30-8:15 pm	Y-Cycle 6:30 -7:00pm				

\* **Extra  
Charge**

**Book an appointment with one of our friendly personal trainers to take  
your fitness program to the next level!**

Call (306) 652-7515 to find out more!