

Drop-in Fitness Schedule Spring 2018

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-Body Fit 6:15-7:00 am	Functional Strength Class 6:15-7:15 am	Y-cycle 8:30-9:15 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	Aquafit 9:00-9:45 am	*Synrgy360 10:00 – 10:50 am
Synrgy360 Class 9:30-10:15 am	Y-Yoga 12:10-12:50 pm	Synrgy360 Class 9:30-10:15 am	Y-Yoga 12:10-12:50 pm	Synrgy360 Class 9:30-10:15 am	*Synrgy360 1:00 – 1:50pm
Synrgy360 Class 12:10 – 12:50pm	Y-Fit Kettlebells 12:10-12:50 pm	Synrgy360 Class 12:10 – 12:50pm	Y-Fit Bootcamp 12:10-12:50 pm	Y-Circuit 12:10 – 12:50pm	
Y-Fit Circuit 12:10 -12:50 pm	Aquafit 5:15-6:00pm	Y-Fit Strength 12:10-12:50 pm	Synrgy360 Class 5:30 – 6:15pm	Y-Cycle 12:10-12:50 pm	
Y-Cycle 12:10–12:50 pm		Y-Cycle 12:10–12:50 pm		Y-BARRE Fit 12:10-1:00pm	
AquaFit 1:30-2:15pm	Synrgy360 Class 5:30 – 6:15pm	AquaFit 1:30 – 2:15 pm	AquaStep 7:00-7:45pm	Aquafit 1:30 – 2:15pm	
Strength & Cond Class 5:30 – 6:30	Zumba 5:30-6:30pm		Y-BARRE Fit 7:30-8:15 pm	Drop-in class times are subject to change	
	Y-Cycle 6:30 -7:00pm				
Beginner Yoga 6:15-7:15 pm	AquaFit 7:00 – 7:45pm		Stay updated by following us on  		

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!