



**YMCA Greater Halifax/Dartmouth
John W. Lindsay YMCA
Group Fitness Schedule**

Holiday Schedule Dec. 20-Jan. 2,2022

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|---|---|--|------------------------------|------------------------------|
| December 20/27 | December 21/28 | December 22/29 | December 23/30 | December 24/31 | December 25 January 1 | December 26 January 2 |
| 20/20/20 9:15 – 10:15am Laura(20 th), Cathy (27 th)/Studio 2 | | 20/20/20 9:15 – 10:15am Laura/Studio 2 | | | | |
| Gentle Fitness 10:30 am-11:30 am Cathy (27 th Only) | | | | | | |
| Aquafit (20 th Only) Combo 11.00 – 11:45am Hugh/Pool | | Aquafit Combo 11.00 – 11:45am Hugh/Pool | | | | |
| Bootcamp (20 th Only) 12:15 – 1:00pm Laura/Gym | Cycle 12:05 – 12:50pm Marie/Studio 1 | | Cardio Kick 12:15 – 1:00pm Laura/Studio 2 | | | |
| Yoga 12:15 – 1:15pm Kasandra/Studio 2 | Yoga 12:05-12:50pm Roma/Studio 2 | Yoga 12:15 – 1:15pm Kasandra/Studio 2 | | | | |
| | Full Body Strength 4:30 – 5:30pm Laura/Studio 2 | Cycle 5:30 pm-6:15 pm Tammy-Studio 3 | | | | |
| Full Body Strength 5:30- 6:15pm Karen/Studio 2 | | Zumba 5:30 – 6:30pm Kelly/Gym | | | | |
| | Aqua Combo 5:30- 6:15pm Juliana/Pool | | | <i>Remember to book your spot in your favorite class though our My Y App.</i> | | |
| | | Full Body Strength 6:00-6:45 Marie/Studio 2 | | | | |
| Cycle 6:15 – 7:00pm Katherine/Studio 2 | Yoga 6:15 – 7:15pm Roma(21 st)/Guylaine(28 th)/Studio 2 | | Cycle 6:15 – 7:00pm Katherine/Stud. 3 | | | |
| | | | Yoga 7:00-8:00pm Kasandra/Studio 2 | | | |