



ST. MARYS GROUP FITNESS SCHEDULE (from January 6th)

Schedule subject to change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15 – 6:55 am Tabata Circuit Nancy		6:15 – 6:55 am Cycle Fit Nancy	6:15 – 7:00 Be Powerful Karen K		
8:30 – 9:00am Step Nancy	6:45 – 7:45 am Cycle Fit Cobi		7:10 – 8:00 am Cycle Fit Cobi		7:30 – 8:30am Instructor's Choice
9:05 – 10:05 am Tone & Stretch Nancy	9:30 – 10:30 am Yoga Su	9:05 – 10:05 am Circuit Training Nancy	9:30 – 10:30 Yoga Su		
1:30 – 2:30 Gentle Fitness II (FREE NO MEMBERSHIP REQUIRED) Town				1:30 – 2:30 Gentle Fitness II (FREE NO MEMBERSHIP REQUIRED) Town	
4:30 – 5:00 Kangoo Sarah	5:00 – 5:30 pm Cycle Fit Nancy		5:00 – 5:30 pm Cycle Fit Nancy		
5:30 – 6:30 pm Be Powerful Karen	5:40 – 6:10 pm Hard Core Nancy	5:00 – 6:00pm Pilates Carol Ann	5:40 – 6:10 pm Booty Camp Nancy		
	6:15 – 7:15 pm FITT Nancy	6:00 – 7:00pm Yoga Su	6:15 – 6:45 pm Quick FIT Nancy		
			6:45 – 7:15 pm STEP Nancy		

Kid Zone Hours: Monday to Thursday 5 - 7:30pm and Saturday 9 - 11am

YMCA HOURS - Monday to Friday 6am - 10pm Saturday & Sunday 6:30am - 4pm Holidays 7am - 2pm

MEMBERS SWIM FOR FREE AT THE PYRAMID RECREATION CENTRE (317 JAMES ST. S.) AND ST. MARYS QUARRY (425 WATER STREET SOUTH). Simply show your valid YMCA membership card! For a drop-in pool program schedule, visit www.townofstmarys.com/swimming.