

ST. MARYS GROUP FITNESS SCHEDULE (September 2020)

Schedule subject to change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15 – 6:55 am Tabata Nancy		6:15 – 6:55 am Cycle Fit Nancy			
9:05 – 10:05 am Tone & Stretch Nancy	9:30 – 10:30 am Yoga Su	9:05 – 10:05 am Interval Training Nancy	9:30 – 10:30 Yoga Su		
4:30 - 5:15 Kangoo Sarah					
	5:30 – 6:30 pm Cycle & Strength Nancy		5:30 - 6:30 Interval Training Nancy		
		6:00 - 7:00 Yoga Su			

MEMBERS SWIM FOR FREE AT THE PYRAMID RECREATION CENTRE (317 JAMES ST. S). Show your valid YMCA membership card!
For a drop-in pool program schedule, visit www.townofstmarys.com/swimming.

Please call 519-284-2500 or visit our website for more information on Adult programs @ www.stratfordperthymca.com