






Sault Ste. Marie YMCA

Adult Fitness Class Schedule 2021

September 13 2021 - January 29, 2022

235 McNabb Street
Sault Ste. Marie, ON P6B 1Y3
T.705.949.3133
info@ssmymca.ca
www.ssmymca.ca

Programs and Schedules are subject to posted changes.
All fitness classes require a minimum of three (3) participants

-  Class taking place in the gymnasium
-  Class taking place in the studio
-  Aquatic Class taking place in the pool area

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aqua Running 9:15-10:00am	Aqua Fit 9:15-10:00am	Aqua Fit 9:00-10:00am	Aqua Fit 9:15-10:00am	Aqua Running 9:15-10:00am	Cycle Fit 8:30-9:30am
	Good Morning Stretch 8:30-9:00am				
Cardio Fit 9:15-10:00am	Muscle Fit 9:15-10:15am	Cardio Fit 9:15-10:00am	Muscle Fit 9:15-10:15am	Zumba 9:15-10:00am	
	Zumba 10:30-11:30am			Line Dancing 10:15am-12:00pm	
Joints in Motion 10:30-11:00am		Joints in Motion 10:30-11:00am		Joints in Motion 10:30-11:00am	
Aqua R.O.M 11:15am-12:00pm	Aqua R.O.M 11:15am-12:00pm	Aqua R.O.M 11:15am-12:00pm	Aqua R.O.M 11:15am-12:00pm	Aqua R.O.M 11:15am-12:00pm	
Work Your Core 12:10-12:50pm	Cycle Fit 12:10-12:50pm	HIIT 12:10-12:50pm	Cycle Fit 12:10-12:50pm	Kettlebell AMPD 12:10-12:50pm	
Forever Fit 1:30-2:15pm				Forever Fit 1:30-2:15pm	
Forever Aqua 2:30-3:15pm		Silver HIIT h2o 2:30-3:15pm		Forever Aqua 2:30-3:15pm	
Cardio Kick and Core 5:15-6:00pm	Tabata Tuesday 5:00 - 5:45pm	Cycle Fit Intense 5:30-6:00pm	Work Your Core 5:00-5:45pm		
Cycle Fit 6:15-7:00pm	Cycle Fit 6:00-6:45pm	Yoga 6:15-7:15pm	Cycle Fit 6:00-6:45pm		
Yoga 7:15-8:00pm	Power 45 7:00-7:45pm				
Water Pole 7:30-8:15pm		Aqua Bootcamp 7:30-8:15pm			