



Sault Ste. Marie YMCA

Adult Fitness Class Schedule 2022

January 31 - June 18, 2022

235 McNabb Street
 Sault Ste. Marie, ON P6B 1Y3
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 info@ssmymca.ca
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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 Fit 9:15-10:00am	Aqua Fit 9:15-10:00am	Aqua Fit 9:00-10:00am	Aqua Fit 9:15-10:00am	Aqua Fit 9:15-10:00am	Cycle Fit 8:30-9:30am
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 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	Everything Kettlebells 12:10-12:50pm	
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				