






Sault Ste. Marie YMCA

Adult Fitness Class Schedule 2022

September 11, 2022 - December 17, 2022

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Strength & Core* 6:45-7:30am		Strength & Core* 6:45-7:30am	Yoga 8:15-9:00am		
Aqua Fit 9:15-10:00am	Aqua Fit 9:15-10:00am	Aqua Fit 9:15-10:00am	Aqua Fit 9:15-10:00am	Aqua Fit 9:15-10:00am	Cycle Fit 8:30-9:15am
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	Latin Aerobics* 9:30-10:15am
	Zumba 10:30-11:30am		Strength & Strengthen 10:30-11:15am	Line Dancing** 10:15am-11:45pm	
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	Everything Kettlebells 12:10-12:50pm	Cycle Fit 12:10-12:50pm		
Forever Fit 1:30-2:15pm		Zumba Gold 1:00-1:45pm		Forever Fit 1:30-2:15pm	
		Silver HIIT h2o 2:00-2:45pm		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	Strong 30 5:15-5:45pm		
Cycle Fit 6:15-7:00pm	Cycle Fit 6:00-6:45pm		Cycle Fit 6:00-6:45pm		
Yoga 7:15-8:00pm	Barre 7:00-7:45pm				

* Strength & Core and Latin Aerobics are 6 week run fitness classes.

** Line Dancing starts October 7th and will run until May 12th.

Aquatic classes will start the week of September 18th as our Pools will be closed for cleaning and maintenance from September 4th until the 17th.