



Sault Ste. Marie YMCA

Adult Fitness Class Schedule 2022

September 11, 2022 - December 17, 2022

235 McNabb Street
 Sault Ste. Marie, ON P6B 1Y3
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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	Sunday
Aerobics & Bollywood Dance 9:15-10:15 am			Yoga 8:15-9:00 am			
Aqua Fit 9:15-10:00 am	Aqua Fit 9:15-10:00 am	Aqua Fit 9:15-10:00 am	Aqua Fit 9:15-10:00 am	Aqua Fit 9:15-10:00 am	Cycle Fit 8:30-9:15 am	
	Muscle Fit 9:15-10:15 am		Muscle Fit 9:15-10:15 am	Zumba 9:15-10:00 am	Core Conditioning 9:30-10:15 am	Aerobics & Bollywood Dance 9:15-10:15 am
	Zumba 10:30-11:30 am		Stretch & Strengthen 10:30-11:15 am	Line Dancing** 10:15 am-11:45 pm	Mobility & Flexibility 10:30-11:00 am	
Joints in Motion 10:30-11:00 am		Joints in Motion 10:30-11:00 am		Joints in Motion 10:30-11:00 am	Youth Dryland Sport Conditioning 10:45-11:30 am	
Aqua R.O.M 11:15am-12:00 pm	Aqua R.O.M 11:15am-12:00 pm	Aqua R.O.M 11:15am-12:00 pm	Aqua R.O.M 11:15 am-12:00 pm	Aqua R.O.M 11:15 am-12:00 pm	Youth HIIT 11:45 am -12:15 pm	
Work Your Core 12:10-12:50 pm	Cycle Fit 12:10-12:50 pm	Everything Kettlebells 12:10-12:50 pm	Cycle Fit 12:10-12:50 pm			
Forever Fit 1:00—1:45 pm		Zumba Gold 1:00-1:45pm		Forever Fit 1:00 -1:45 pm		
		Silver HIIT h2o 2:00-2:45 pm		Forever Aqua 2:00-2:45 pm		
Cardio Kick and Core 5:15-6:00 pm	Tabata Tuesday 5:00 - 5:45 pm	Cycle Fit Intense 5:30-6:00 pm	Strong 30 5:15-5:45 pm			
Cycle Fit 6:15-7:00 pm	Cycle Fit 6:00-6:45 pm	Aerobics & Bollywood Dance 6:30-7:30 pm	Cycle Fit 6:00-6:45pm			
Yoga 7:15-8:00 pm	Barre 7:00-7:45 pm					

* Line Dancing starts October 7th and will run until May 12th.
 * Work Your Core & Everything Kettlebells will start November 14th.