

	<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>MORNING CLASSES</b>							9:00 am <b>INSANITY</b> Gym
<b>LUNCH CLASSES*</b>	12:00 pm <b>ZUMBA</b> Gym  ☺	<b>BUTTS &amp; BALLS</b> Studio	<b>TOTAL TONING</b> Studio			<b>YOGA</b> Studio	10:00 am <b>ZUMBA</b> ☺ Gym
		<b>ZUMBA</b> Gym	<b>SPIN</b> Gym	<b>MID-DAY CARDIO BOOST</b> Gym	<b>SPIN &amp; CORE</b> Gym	<b>INTERVAL WORKOUT</b> Gym	10:30 am <b>CARDIO DRUMFIT</b> ☺ Studio
<b>AFTERNOON CLASSES</b>		1:30 pm <b>WISDOM IN MOTION**</b> Studio		1:30 pm <b>IN SHAPE 50 +</b> Studio			Please check our website and social media for changes or cancellations.
<b>EVENING CLASSES</b>		5:30 pm <b>ZUMBA</b> Gym	5:30 pm <b>SPOGA</b> Gym	5:30 pm <b>ZUMBA</b> ☺ Gym		5:30 pm <b>SIHANATHANG MARTIAL ARTS**</b> Studio	
		6:00 pm <b>SIHANATHANG MARTIAL ARTS**</b> Studio		6:00 pm <b>SIHANATHANG MARTIAL ARTS**</b> Studio			

For 2017 there will not be classes on the following dates:  
 Victoria Day, July 3<sup>rd</sup>, August 3<sup>rd</sup>, Labour Day, Thanksgiving Day,  
 Remembrance Day, November 13<sup>th</sup>, Christmas Eve, Christmas Day,  
 Boxing Day, New Year's Eve, New Year's Day.

\*Classes begin at 12:10 pm unless otherwise noted \*\*Registered class, please register at the front desk.  
 ☺ Denotes family friendly class, youths aged 12 and up with parental supervision are welcome.



**Follow us on Twitter!**  
 @YWCARegina



@YWCWellness  
**Like us on Facebook!**  
 facebook.com/YWCARegina