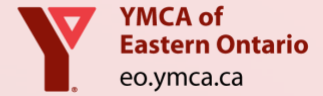


SHAC Group Fitness

Effective: January 9, 2023



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

5:30-6:20pm
Kettlebell Kraze

5:30-6:20pm
Zumba

12:30-1:20pm
Cycle & Sculpt

4:30-5:20pm
CSI

6:30-7:20pm
Tabata



Full list of class descriptions available at: eo.ymca.ca/class-descriptions