

Studio Schedule | Jan 5 - Apr 30 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING CLASSES		6:15 - 7:15AM	7:30 - 8AM	6:15 - 7:15AM	7:30 - 8AM		
		C Cycle60 w/ Jennie	1 Strength Express w/ Alex	C Cycle60 w/ Reesa	1 Strength Express w/ Johanna		
	9:15 - 11:45AM					8:30 - 10AM	
	1 Pickleball \$	1 Pickleball \$	1 Pickleball \$	1 Pickleball \$	1 Pickleball \$	C Endurance Ride w/ Jennie	
						9:15 - 10:15AM	1 Tai Chi w/ Stuart
		10:30 - 11:15AM	11:15AM - 12PM		10:30 - 11:15AM	10:30 - 11:30AM	
	2 Leslie Diamond Childcare (LDC)	2 Pilates Mat w/ Hector		2 LDC	1 Yoga Flow w/ Todd	1 Yoga Flow w/ Jenna	
AFTERNOON CLASSES	12:15 - 1PM					11:15AM - 11:45AM	2 Ballet Fit® w/ Suzy
	1 Strength & Cardio w/ Alex	1 Strength & Cardio w/ Josh	1 Step & Strength w/ Melissa	1 Strength Total Body w/ Alesya	1 Strength Total Body w/ Hector	C Get Fit \$ w/ Alesya	
	2 Pilates Mat w/ Jen	2 Power Yoga w/ Elika	2 Yoga Pilates w/ Jill M	2 Tone w/ Miriam	2 Yoga Flow w/ Johanna	11:45AM - 12:30PM	
	C Cycle45 w/ Wendi	C Ride w/ Kathy	C Cycle45 w/ Jennie			1 Get Fit \$ w/ Alesya	
	1:15 - 2PM					1:15 - 5:15PM	
	1 Zumba w/ Kane	2 Barre & Stretch w/ Johanna	1 Bellydance w/ Jennica	1 DanceFit w/ Johanna	1 Step w/ Annie	1 Pickleball \$	1 Pickleball \$
	2 Yoga Flow w/ Sat	2:15 - 3:45PM	2 Restorative Stretch w/ Jody	2 Yoga Flow w/ Megha		Book classes on your YWCA Health + Fitness Centre mobile app! \$ - Fees apply Studio rules and etiquette are posted in each studio and on our website. If you cannot make your class, please unregister to release the spot to someone else. No shows may be charged a \$10 fee. You can update your availability on your mobile app.	
		1 Pickleball \$					
		4:15 - 5PM		4:15 - 5PM			
		2 Yoga Flow w/ Susan		2 Hatha Yoga w/ Gabriela			
EVENING CLASSES	5:15 - 6:15PM					Color codes: Strength   Cardio Pilates   Yoga   Stretch Dance Exercise Martial Arts Cycle  Class locations: Studio 1 Studio 2 Cycle Studio	
	1 HIIT w/ Suzy	1 DanceFit w/ Johanna	1 HIIT w/ Josh	1 Core & Stretch w/ Chris	1 Zumba Toning w/ Alice		
	2 Yang to Yin Yoga w/ Geet	2 Core & Stretch w/ Chris	2 Pilates Fusion w/ Johanna	2 Zumba w/ Maybelin	2 Yin & Meditation w/ Jillian		
	C Cycle & Stretch w/ Jill M	C Cycle & Tone w/ Alex	C Cycle60 w/ Jeff				
	6:30 - 7:30PM						
	1 Zumba Toning w/ Maybelin	1 Karate w/ Hamid (till 8pm)	1 Pickleball \$	1 HIIT w/ Jenna	1 Karate w/ Hamid (till 8pm)		
	2 Recovery w/ Sam	2 Hatha Yoga w/ Yankei	2 Registered Ballet \$ w/ Suzy (till 8:45PM)	2 Registered Ballet \$ w/ Suzy (till 9:15PM)			
	8 - 9PM			8 - 9PM			
	1 Pickleball \$	1 Pickleball \$		1 Pickleball \$	1 Pickleball \$		

STRENGTH   CARDIO	PILATES   STRETCH	MARTIAL ARTS
<b>HIIT</b> - Work hard and build strength in this multi-format high intensity interval training class.	<b>Barre &amp; Stretch</b> - Plie, relevé and stretch in this full body class with micro movements set to music.	<b>Karate</b> - Kihon (basic techniques), Ka-ta (forms) and Kumite (sparring). Gi's (uniforms) optional.
<b>Step</b> - A cardio step workout choreographed to pop favourites and featuring a peak routine.	<b>Core &amp; Stretch</b> - Build your core with creative exercises that challenge your strength and stability.	<b>Tai Chi</b> - Practice natural stances and steady, open movements with the beginner Yang 8 form.
<b>Step &amp; Strength</b> - Step aerobic cardio sets alternating with intervals of strength building resistance training.	<b>Pilates Fusion</b> - Lengthen and strengthen with a mix of Pilates, barre, balance challenges and stretching.	<b>Shiatsu</b> - 1 on 1 Japanese massage that combines gentle traction and acupressure to help find balance.
<b>Strength &amp; Cardio</b> - Improve strength, cardio and balance with a variety of formats to keep your workouts fresh.	<b>Pilates Mat</b> - Classical Pilates mat exercises to elongate your muscles and strengthen your deep core muscles.	DANCE EXERCISE
<b>Strength Express</b> - Build and maintain muscle in this express full body resistance training workout.	<b>Recovery</b> - Improve mobility with foam rolling, activation exercises and stretching.	<b>Ballet Fit®</b> - High-energy fusion of classical ballet with the rhythm and flow of electronic beats.
<b>Strength Total Body</b> - A dynamic workout utilizing a mix of equipment for a challenging music based class.	<b>Restorative Stretch</b> - Rejuvenating stretches to help balance joint and soft tissue flexibility.	<b>Bellydance</b> - Express body positivity and learn choreo with the freedom of fluid, percussive movement.
<b>Tone</b> - A choreographed workout using a buffet of props with global and micro movements set to music.	YOGA	<b>DanceFit</b> - A mood-boosting pop music dance fitness class for your cardio, core and coordination.
CYCLE	<b>Hatha Yoga</b> - Breathe deep and practice slowly, with poses held with an emphasis on alignment.	<b>Dance Party</b> - A high energy choreographed dance fitness party with rotating instructors and formats.
<b>Cycle45 &amp; Cycle60</b> - Maximize your calorie burn and utilize the power of your internal motivation.	<b>Power Yoga</b> - Build strength and endurance, improve flexibility and focus on form.	<b>Zumba</b> - A Latin-inspired dance fitness class combining dynamic rhythms and easy-to-follow moves.
<b>Cycle &amp; Stretch</b> - Music-based cycle cardio drills plus deep stretching and breathwork.	<b>Yang to Yin Yoga</b> - Combine the benefits of dynamic sequences and holding static poses.	<b>Zumba Toning</b> - Sculpting intervals with Zumba moves to improve your rhythm and coordination.
<b>Cycle &amp; Tone</b> - A challenging mix of 45 min of cardio on the bike followed by 10 minutes of toning exercises.	<b>Yin &amp; Meditation</b> - Hold poses for long durations working with the joints and fascial network.	
<b>Endurance Ride</b> - Ride for 90 minutes through hills and flat roads at a comfortably high cadence pace.	<b>Yoga Flow</b> - Connect your breath with your movement in a flowing sequence.	
<b>Ride</b> - Improve your cardio and riding ability in this HIIT cycle class taught from a cyclist perspective.	<b>Yoga Pilates</b> - Build inner strength and physical health fusing Yoga Flow with Pilates mat work.	

**All classes are multi-level with variations and modifications offered. Everyone welcome!**

# Aquatic Schedule | Jan 5 - Apr 30 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING CLASSES</b>	<b>6:30 - 7:30AM</b>	<b>6:30 - 7:15AM</b>	<b>6:30 - 7:30AM</b>	<b>7:15 - 8AM</b>	<b>6:30 - 7:30AM</b>	<b>2 OR MORE SWIM LANES ARE AVAILABLE ALL DAY, EVERY DAY OF THE WEEK!</b>  <b>BOOK LESSONS, PROGRAMS, AND CLASSES ON YOUR YWCA HEALTH + FITNESS CENTRE MOBILE APP!</b>	
	YWCA Masters	Aqua Rise w/ Jean	YWCA Masters	Private Lesson	YWCA Masters		
			<b>7:45 - 8:45AM</b>		<b>7:45 - 8:45AM</b>		
			Pool Rental (2 Lanes)		YWCA Swim Combo Level 2/3		
	<b>7:45 - 8:45AM</b>			<b>9:45 - 10:30AM</b>			
	YWCA Swim Combo Level 2/3	YWCA Swim Combo Level 2/3		Private Lesson		<b>10:15 - 11AM</b>	
	<b>9:15 - 10AM</b>		<b>10:15 - 11AM</b>				<b>10 - 11AM</b>
	Private Lesson	Private Lesson			AquaGroove w/ Meaghen	AquaGroove w/ Meaghen	Power Hour w/ Nicole
	<b>10:15 - 11AM</b>			<b>11 - 11:45AM</b>	<b>11:15 - 12PM</b>	<b>11 - 11:45AM</b>	
	Aqualite w/ Cathie		Aqualite w/ Jen	Private Lesson	Private Lesson	Private Lesson	Private Lesson
<b>AFTERNOON CLASSES</b>	<b>12 - 1PM</b>	<b>12:15 - 1PM</b>		<b>12 - 1PM</b>	<b>12:15 - 1PM</b>	<b>12 - 1PM</b>	
	YWCA Swim Combo Level 2/3	Aqua Pilates w/ Alesya		Triathlon Intensive & Freestyle Swim Intensive	Deep AquaGroove w/ Meaghen	YWCA Swim Level 1	YWCA Swim Level 1
		<b>1:30 - 2:15PM</b>				<b>2 - 2:45PM</b>	
		Private Lesson				Private Lesson (2 lessons available)	Private Lesson
						<b>2:45 - 3:30PM</b>	
			<b>2:45 - 3:30PM</b>		<b>3 - 3:45PM</b>	<b>3 - 3:45PM</b>	
			Private Lesson		Private Lesson	Private Lesson	Private Lesson
			<b>4 - 4:45PM</b>			<b>Color code: Included with membership</b>  Fees apply for swim programs, private lessons, and Aqua Pilates.  <b>Pool hours:</b> Mon - Fri 5:45 am - 9:15 PM, Sat & Sun 8 am - 5:15 PM  Please let your instructor know if you have any medical conditions which may affect your ability to exercise.	
			Private Lesson	Private Lesson			
<b>EVENING CLASSES</b>	<b>5 - 6PM</b>	<b>5:15 - 6PM</b>	<b>5 - 6PM</b>	<b>5:15 - 6PM</b>	<b>5 - 6PM</b>		
	YWCA Swim Level 1	Private Lesson	YWCA Swim Level 1	Aqua Rev Up w/ MJ	YWCA Swim Level 1		
	<b>6:30 - 7:30PM</b>						
	YWCA Swim Level 2	YWCA Swim Combo Level 2/3	YWCA Swim Level 2	YWCA Swim Combo Level 2/3	YWCA Swim Level 2		

**AquaGroove** - Elongate your muscles and strengthen your whole body while “grooving” to the beat of your favorite hits! High and low impact are always options. **Deep AquaGroove** requires a float belt or people can take part in the shallow end if they prefer.

**AquaLite** - Designed to improve mobility, strength and general fitness with low impact. Recommended for those who have joint pain, restricted mobility or are recovering from an injury.

**Aqua Rise** - This class uses water resistance and body weight in a low impact setting. While focusing on core stability and cardiovascular movements this high energy class is designed to challenge and motivate you. A great way to start the day!

**Aqua Rev Up** - A high intensity cardio and strength workout that will increase your energy levels for the day and support a good night's sleep.

**Aqua Pilates** - A type of aquatic suspension training activates the core, builds strength and mobility without joint load, increases performance, and improves balance recovery. An advanced strength workout done on a diagonal line with front, side and reverse planks.

**Power Hour** - A high energy class that uses water resistance and body weight to challenge your cardiovascular system and muscle strength. Deep and shallow options are incorporated.

## Book classes, programs, and lessons on your YWCA Health + Fitness mobile app!

### Aqua Pilates:

Member \$5/class | Non-member \$5 + Facility Drop-in Fee/class

### Level 1, 2, 2/3 and 3 (sessions are a set number of classes):

4 classes: Member \$120 | Non-member \$154

6 classes: Member \$180 | Non-member \$231

7 classes: Member \$210 | Non-member \$269.50

8 classes: Member \$240 | Non-member \$308

9 classes: Member \$270 | Non-member \$346.50

### Masters (sessions are a set number of classes):

6 classes: Member \$118.50 | Non-member \$199.50

7 classes: Member \$138.25 | Non-member \$232.75

8 classes: Member \$158 | Non-member \$266

9 classes: Member \$177.75 | Non-member \$299.25

1 Drop in class: Member \$24.75 | Non-member \$33.25

### Private Swim Lesson:

Single Private 45-Minute Session

Member \$60/Non-member \$68.50

Find your **ENERGY**  
Find your **FITNESS**  
Find your **BALANCE**