

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING CLASSES</b>		<b>6:15 - 7:15AM</b> 3 Cycle60 ●	<b>7:30 - 8AM</b> 1 Strength Express ●	<b>6:15 - 7:15AM</b> 3 Cycle60 ●	<b>7:30 - 8AM</b> 1 Strength Express ●		
	<b>9:15 - 11:45AM</b>		<b>9:15 - 11:45AM</b>			<b>8:30 - 10AM</b>	
	1 Pickleball \$ ●		1 Pickleball \$ ●			3 Endurance Ride ●	
		<b>10 - 11:45AM</b> 1 Pickleball \$ ●		<b>10 - 11:45AM</b> 1 Pickleball \$ ●		<b>9:15 - 10:15AM</b> 1 Dance Party ●	1 Tai Chi ●
		<b>10:30 - 11:15AM</b> 2 Leslie Diamond Childcare (LDC) ●	<b>11:15AM - 12PM</b> 2 Pilates Mat ●		<b>10:30 - 11:15AM</b> 2 LDC ●	<b>10:30 - 11:30AM</b> 1 Yoga Flow ●	
							1 Yoga Flow ●
<b>AFTERNOON CLASSES</b>	<b>12:15 - 1PM</b>						2 Somatic Stretch ●
	1 Strength & Cardio ●	1 Strength & Cardio ●	1 Step & Strength ●	1 Strength Total Body ●	1 Strength Total Body ●		
	2 Pilates Mat ●	2 Power Yoga ●	2 Yoga Pilates ●	2 Tone ●	2 Yoga Flow ●		
	3 Cycle45 ●		3 Cycle45 ●				
	<b>1:15 - 2PM</b>					<b>1:15 - 6:15PM</b>	
	1 Zumba ●	2 Barre & Stretch ●	1 Bellydance ●	1 DanceFit ●	1 Step ●	1 Pickleball \$ ●	1 Pickleball \$ ●
	2 Yoga Flow ●		2 Restorative Stretch ●	2 Yoga Flow ●			
				<b>2:15 - 3:45PM</b> 1 Pickleball \$ ●			
	<b>4:15 - 5PM</b> 2 Yoga Flow ●		<b>4:15 - 5PM</b> 1 Boxing Fitness ●				
<b>EVENING CLASSES</b>	<b>5:15 - 6:15PM</b>						
	1 HIIT ●	1 DanceFit ●	1 HIIT ●	1 Core & Stretch ●	1 Zumba Toning ●		
	2 Yang to Yin Yoga ●	2 Core & Stretch ●	2 Pilates Fusion ●	2 Zumba ●	2 Yin & Meditation ●		
		3 Cycle & Tone ●	3 Cycle60 ●				
	<b>6:30 - 7:30PM</b>						
	1 Zumba Toning ●	1 HIIT ●	1 Pickleball \$ ●	1 HIIT ●	1 Beginner Karate ●		
	2 Recovery ●	2 Beginner Karate ●		2 Registered Functional Mobility \$ ●			
		<b>7:30 - 8:30PM</b> 2 Registered Advanced Karate \$ ●			<b>7:30 - 8:30PM</b> 1 Registered Advanced Karate \$ ●		
	<b>8 - 9PM</b>						
	1 Pickleball \$ ●	1 Pickleball \$ ●	1 Pickleball \$ ●	1 Pickleball \$ ●			

**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.

- Color codes:
- Strength/Cardio
  - Pilates/Yoga/Stretch
  - Dance Exercise
  - Martial Arts
  - Cycle
- Class locations:
- 1 Studio 1
  - 2 Studio 2
  - 3 Studio 3

STRENGTH   CARDIO	PILATES   STRETCH	MARTIAL ARTS
<b>Boxing Fitness</b> - Unleash your inner fighter building stamina and confidence in this high-energy workout.	<b>Barre &amp; Stretch</b> - Plie, relevé and stretch in this full body class with micro movements set to music.	<b>Beginner Karate</b> - Practice discipline and learn basic punches, kicks, blocks and stances with no contact.
<b>HIIT</b> - Work hard and build strength in this multi-format high intensity interval training class.	<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</b> - A cardio step workout choreographed to pop favourites and featuring a peak routine.	<b>Pilates Fusion</b> - Lengthen and strengthen with a mix of Pilates, barre, balance challenges and stretching.	<b>DANCE EXERCISE</b>
<b>Step &amp; Strength</b> - Step aerobic cardio sets alternating with intervals of strength building resistance training.	<b>Pilates Mat</b> - Classical Pilates mat exercises to elongate your muscles and strengthen your deep core muscles.	
<b>Strength &amp; Cardio</b> - Improve strength, cardio and balance with a variety of formats to keep your workouts fresh.	<b>Recovery</b> - Improve mobility with foam rolling, activation exercises and stretching.	<b>Bellydance</b> - Express body positivity and learn choreo with the freedom of fluid, percussive movement.
<b>Strength Express</b> - Build and maintain muscle in this express full body resistance training workout.	<b>Restorative Stretch</b> - Rejuvenating stretches to help balance joint and soft tissue flexibility.	<b>DanceFit</b> - A mood-boosting pop music dance fitness class for your cardio, core and coordination.
<b>Strength Total Body</b> - A dynamic workout utilizing a mix of equipment for a challenging music based class.	<b>Somatic Stretch*</b> - Stretch through relaxing rather than reaching with attention to inner sensations.	<b>Dance Party</b> - A high energy choreographed dance fitness party with rotating instructors and formats.
<b>Tone</b> - A choreographed workout using a buffet of props with global and micro movements set to music.	<b>YOGA</b>	<b>Zumba</b> - A Latin-inspired dance fitness class combining dynamic rhythms and easy-to-follow moves.
<b>CYCLE</b>		<b>Power Yoga</b> - Build strength and endurance, improve flexibility and focus on form.
<b>Cycle45</b> - Maximize your calorie burn and utilize the power of your internal motivation.	<b>Yang to Yin Yoga</b> - Combine the benefits of dynamic sequences and holding static poses.	
<b>Cycle60</b> - Maximize your calorie burn and utilize the power of your internal motivation with an extra cardio push.	<b>Yin &amp; Meditation</b> - Hold poses for long durations working with the joints and fascial network.	
<b>Cycle &amp; Tone</b> - A challenging mix of 45 min of cardio on the bike followed by 10 minutes of toning exercises.	<b>Yoga Flow</b> - Connect your breath with your movement in a flowing sequence.	
<b>Endurance Ride</b> - Ride for 90 minutes through hills and flat roads at a comfortably high cadence pace.	<b>Yoga Pilates</b> - Build inner strength and physical health fusing Yoga Flow with Pilates mat work.	

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

6 classes: Member \$150 | Non-member \$198

7 classes: Member \$175 | Non-member \$231

8 classes: Member \$200 | Non-member \$264

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

6 classes: Member \$90 | Non-member \$138

7 classes: Member \$105 | Non-member \$161

8 classes: Member \$120 | Non-member \$184

1 Drop in class: Member \$20 | Non-member \$28

### Private Swim Lesson:

45-Minute Session

Member \$60/Non-member \$68.50

### Semi-Private Swim Lesson (price is per person):

45-Minute Session

Member \$50/Non-member \$58.50