

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Classes	Pickleball - \$ 8:30 - 11:00 AM Studio 1	Cycle60 6:15 - 7:15 AM Studio 3	Strength Express 7:30 - 8:00 AM Studio 1	Cycle60 6:15 - 7:15 AM Studio 3	Strength Express 7:30 - 8:00 AM Studio 1	Endurance Ride 8:30 - 10:00 AM Studio 3	Tai Chi 9:15 - 10:15 AM Studio 1
	HIIT 11:15 AM - 12:00 PM Studio 1	Pickleball - \$ 10:00 - 11:45 AM Studio 1	Pickleball - \$ 10:00 - 11:45 AM Studio 1	Power Yoga 7:30 - 8:30 AM Studio 2	Pickleball - \$ 8:30 - 11:00 AM Studio 1	Dance Party 9:15 - 10:15 AM Studio 1	Yoga Flow 10:30 - 11:30 AM Studio 1
		YWCA Childcare 10:30 - 11:15 AM Studio 2	Pilates Mat 11:15 AM - 12:00 PM Studio 2	Pickleball - \$ 10:00 - 11:45 AM Studio 1	YWCA Childcare 10:30 - 11:15 AM Studio 2	Yoga Flow 10:30 - 11:30 AM Studio 1	Pilates Fusion 10:30 - 11:30 AM Studio 2
					Cardio Pilates 11:15 AM - 12:00 PM Studio 1		Cycle & Flow 11:45 AM- 12:45 PM Studio 3
Afternoon Classes	Strength & Cardio 12:15 - 1:00 PM Studio 1	Balance & Power 12:15 - 1:00 PM Studio 1	Step & Strength 12:15 - 1:00 PM Studio 1	Strength Total Body 12:15 - 1:00 PM Studio 1	Strength Total Body 12:15 - 1:00 PM Studio 1	Pickleball - \$ 2:15 - 5:15 PM Studio 1	Pickleball - \$ 2:15 - 5:15 PM Studio 1
	Pilates Mat 12:15 - 1:00 PM Studio 2	Power Yoga 12:15 - 1:00 PM Studio 2	Barre & Stretch 12:15 - 1:00 PM Studio 2	Tone 12:15 - 1:00 PM Studio 2	Yoga Flow 12:15 - 1:00 PM Studio 2	Legend  Book classes on your YWCA Health & Fitness Club 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. Colour codes: Strength & Cardio Pilates & Stretch Cycle Yoga Dance Exercise Martial Arts	
	Cycle45 12:15 - 1:00 PM Studio 3	Barre & Stretch 1:15 - 2:00 PM Studio 2	Cycle45 12:15 - 1:00 PM Studio 3	DanceFit 1:15 - 2:00 PM Studio 1	Cycle & Tone 12:15 - 1:00 PM Studio 3		
	Zumba 1:15 - 2:00 PM Studio 1	Cycle & Flow 1:15 - 2:00 PM Studio 3	Belly Dance 1:15 - 2:00 PM Studio 1	Yoga Flow 1:15 - 2:00 PM Studio 2	Step 1:15 - 2:00 PM Studio 1		
	Yoga Flow 1:15 - 2:00 PM Studio 2	Yoga Flow 4:15 - 5:00 PM Studio 2	Restorative Stretch 1:15 - 2:00 PM Studio 2	Pickleball - \$ 2:15 - 3:45 PM Studio 1			
Evening Classes				Boxing Fitness 4:15 - 5:00 PM Studio 1			
	HIIT 5:15 - 6:15 PM Studio 1	DanceFit 5:15 - 6:15 PM Studio 1	HIIT 5:15 - 6:15 PM Studio 1	Core & Stretch 5:15 - 6:15 PM Studio 1	Zumba 5:15 - 6:00 PM Studio 1		
	Yang to Yin Yoga 5:15 - 6:15 PM Studio 2	Core & Stretch 5:15 - 6:15 PM Studio 2	Pilates Fusion 5:15 - 6:15 PM Studio 2	Zumba 5:15 - 6:15 PM Studio 2	Yin & Meditation 5:15 - 6:15 PM Studio 2		
	Functional Mobility - \$ 6:30 - 7:30 PM Studio 1	Cycle & Tone 5:15 - 6:15 PM Studio 3	Cycle60 5:15 - 6:15 PM Studio 3	Cycle60 5:15 - 6:15 PM Studio 3	Beginner Karate 6:30 - 7:30 PM Studio 1		
	Ballet - \$ 6:30 - 7:30 PM Studio 2	HIIT 6:30 - 7:30 PM Studio 1	Zumba Toning 6:30 - 7:30 PM Studio 1	HIIT 6:30 - 7:30 PM Studio 1	Advanced Karate - \$ 7:30 - 8:30 PM Studio 1		
	Pickleball - \$ 8:00 - 9:00 PM Studio 1	Beginner Karate 6:30 - 7:30 PM Studio 2	Pickleball - \$ 8:00 - 9:00 PM Studio 1	Recovery 6:30 - 7:30 PM Studio 2			
		Advanced Karate - \$ 7:30 - 8:30 PM Studio 2		Private Booking 7:00 - 8:00 PM Studio 3			
		Pickleball - \$ 8:00 - 9:00 PM Studio 1		Pickleball - \$ 8:00 - 9:00 PM Studio 1			

 Strength & Cardio

- Balance & Power**
Stability training and explosive strength exercises for a low-impact, effective workout.
- Boxing Fitness**
Unleash your inner fighter building stamina and confidence with high-energy boxing training.
- HIIT**
Work hard and build strength in this multi-format high intensity interval training class.
- Step**
A cardio step workout choreographed to pop favourites and featuring a peak routine.
- Step & Strength**
Step aerobic cardio sets alternating with intervals of strength building resistance training.
- Strength & Cardio**
Improve strength, speed and cardio with a variety of formats to keep your workouts fresh.
- Strength Express**
Build and maintain muscle in this express full body resistance training workout.
- Strength Total Body**
A dynamic workout utilizing a mix of equipment for a challenging music based class.
- Tone**
A choreographed workout using a buffet of props with global and micro movements set to music.

 Martial Arts

- Beginner Karate**
Practice discipline and learn basic punches, kicks, blocks and stances with no contact.
- Tai Chi**
Practice natural stances and steady, open movements with the beginner Yang 8 form.

 Pilates & Stretch

- Barre & Stretch**
Plie, relevé and stretch in this full body class with micro movements set to music.
- Cardio Pilates**
Elevate your heart rate with a high-energy workout that blends Pilates core work with continuous, faster-paced movements.
- Core & Stretch**
Build your powerhouse with creative exercises that challenge your mobility and stability.
- Pilates Fusion**
Lengthen and strengthen with a mix of Pilates, barre, balance challenges and stretching.
- Pilates Mat**
Classical Pilates mat exercises to elongate your muscles and strengthen your deep core muscles.
- Recovery**
Improve mobility with foam rolling, activation exercises and stretching.
- Restorative Stretch**
Rejuvenating stretches to help balance joint and soft tissue flexibility.

 Yoga

- Power Yoga**
Build strength, balance and flexibility through a dynamic series of yoga poses designed to challenge both your body and mind.
- Yang to Yin Yoga**
Move from an energizing flow sequence into grounding poses that encourage deep relaxation and release.
- Yin & Meditation**
Hold poses for long durations working with the joints and fascial network.
- Yoga Flow**
Connect your breath with your movement in a flowing sequence.

 Dance Exercise

- Bellydance**
Express body positivity and learn choreo with the freedom of fluid, percussive movement.
- DanceFit**
A mood-boosting pop music dance fitness class for your cardio, core and coordination.
- Dance Party**
A high energy choreographed dance fitness party with weekly rotating instructors and formats.
- Zumba**
A Latin-inspired dance fitness class combining Zumba music and easy-to-follow moves.
- Zumba Toning**
Sculpting intervals with Zumba moves to improve your endurance and coordination.

 Cycle

- Cycle45**
Maximize your calorie burn and utilize the power of your internal motivation with an extra cardio push.
- Cycle60**
Maximize your calorie burn and utilize the power of your internal motivation with an extra cardio push.
- Cycle & Flow**
Build endurance and flexibility through the perfect blend of energizing indoor cycling and restorative Yoga Flow.
- Cycle & Tone**
A challenging mix of 45 min of cardio on the bike followed by 10 minutes of toning exercises.
- Endurance Ride**
Ride for 90 minutes through hills and flat roads at a comfortably high cadence pace.

All classes are multi-level with variations and modifications offered. Everybody is welcome!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Classes	Masters 6:30 - 7:30 AM	Aqua Rise 6:15 - 7:00 AM	Masters 6:30 - 7:30 AM	Private Lesson 7:30 - 8:15 AM	Masters 6:30 - 7:30 AM	Level 1 8:30 - 9:30 AM	Level 1 8:30 - 9:30 AM
	Level 2/3 7:45 - 8:45 AM	Private Lesson 7:45 - 8:30 AM	Swim Club Lane Rental 7:45 - 8:45 AM	Private Lesson 9:30 - 10:15 AM	Level 2/3 7:45 - 8:45 AM	AquaGroove Full Pool Experience 10:15 - 11:00 AM	Power Hour 10:15 - 11:00 AM
	Private Lesson 9:15 - 10:00 AM	Private Lesson 9:15 - 10:00 AM	Private Lesson 9:15 - 10:00 AM	Private Lesson 11:00 - 11:45 AM	Private Lesson 9:15 - 10:00 AM		Private Lesson 11:15 AM - 12:00 PM
	Aqua Lite 10:15 - 11:00 AM	Private Lesson 11:00 - 11:45 AM	Aqua Lite 10:15 - 11:00 AM		Aqua Lite 10:15 - 11:00 AM	Private Lesson 11:15 AM - 12:00 PM	
			Private Lesson 11:00 - 11:45 AM		Private Lesson 11:00 - 11:45 AM		
Afternoon Classes	Private Lesson 12:00 - 12:45 PM	Aqua Pilates - \$ 12:15 - 1:00 PM	Private Lesson 1:15 - 2:00 PM	Private Lesson 12:15 - 1:00 PM	AquaGroove Deep 12:15 - 1:00 PM	Level 2 12:45 - 1:45 PM	Level 2 12:45 - 1:45 PM
	Swim Club Lane Rental 3:45 - 5:00 PM	Private Lesson 1:30 - 2:15 PM	Private Lesson 2:30 - 3:15 PM	Swim Club Lane Rental 2:15 - 4:45 PM	Private Lesson 2:45 - 3:30 PM	Beginner Semi-Private Lesson 2:00 - 2:45 PM	Experienced Semi-Private Lesson 2:00 - 2:45 PM
		Swim Club Lane Rental 2:15 - 4:45 PM	Swim Club Lane Rental 3:45 - 5:00 PM		Swim Club Lane Rental 3:45 - 5:00 PM	Legend Fees apply for swim programs, lessons, and Aqua Pilates. Pool hours: Monday - Friday 5:45 AM - 9:15 PM Saturday - Sunday 8:00 AM - 5:15 PM Please let your instructor know if you have any medical conditions which may affect your ability to exercise. Colour codes: Aquafit (included with membership)	
Evening Classes	Level 2 5:15 - 6:15 PM	Private Lesson 5:15 - 6:00 PM	Level 2 5:15 - 6:15 PM	Private Lesson 6:00 - 6:45 PM	Level 2 5:15 - 6:15 PM		
	Level 1 6:30 - 7:30 PM	Beginner Semi-Private Lesson 6:30 - 7:15 PM	Level 1 6:30 - 7:30 PM	Aqua Rev Up 5:15 - 6:00 PM	Level 1 6:30 - 7:30 PM		
				Experienced Semi-Private Lesson 7:15 - 8:00 PM			

 Aquafit Classes

AquaGroove Deep & AquaGroove Full Pool Experience

Move to the music in this fun, inclusive and dance-inspired aquatic workout. Each class features easy-to-follow movements set to an upbeat playlist while building strength, improving cardio fitness, and promoting full-body mobility, all with the low-impact benefits that water exercise provides.

AquaLite

Improve mobility, strength, and overall fitness through gentle, low-impact movement. Ideal for individuals with joint discomfort, reduced mobility, or those returning to exercise after an injury, with medical clearance if required.

Aqua Pilates - \$

Challenge your core with this unique, Pilates-inspired aquatic workout. Using the support and resistance of the water, you'll build strength, improve balance, and enhance mobility through a series of dynamic standing and suspended movements. Suitable for participants seeking a more advanced aquatic fitness experience.

Aqua Power Hour

Get ready to move with this 60-minute, high-energy workout that combines the power of water resistance with bodyweight exercises to improve cardiovascular fitness and build muscular strength. Designed for all fitness levels, this class incorporates both deep and shallow water exercises.

AquaRise

Start your morning strong with this 45-minute, low-impact aquatic workout designed to improve core stability, cardiovascular fitness, and overall strength, leaving you energized for the day ahead.

Aqua Rev Up

Kick your workout into high gear with this energetic, low-impact interval class. Designed to boost endurance and build muscle, it features a variety of challenging aquatic exercises suitable for a wide range of fitness levels.

Rates

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)

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

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 \$25 | Non-member \$35

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