

Holiday Studio Schedule

Effective Dec 22, 2017 - Jan 7, 2018

GIFT OF BALANCE

One month membership with towel service for \$59! Packaged with additional goodies and a greeting card, you'll be set for this season's gift-giving. Purchase the **GIFT OF BALANCE** for your family, friends, or coworkers today!

Available in limited quantities. Some conditions apply. Please enquire with Member Services.

						FRIDAY, DEC 22 5:45 - 8:00 PM		SATURDAY, DEC 23 8:00 - 5:30 PM			
								12:15pm YogaFlow 2 Indoor Cycling			
		1:15pm Bootcamp 1 Zumba 2				9:15am Cardio Bootcamp 1					
		5:15pm Fab Abs 2				10:30am Yoga 2					
						12:15pm Bounce & Sculpt 1					
						SUNDAY, DEC 24 8:00 - 2 PM					
						10:30am YogaFlow 2					
						12:15pm Zumba Tone 1					
MONDAY, DEC 25 CLOSED		TUESDAY, DEC 26 CLOSED		WEDNESDAY, DEC 27 5:45 - 8:00 PM		THURSDAY, DEC 28 5:45 - 8:00 PM		FRIDAY, DEC 29 5:45 - 8:00 PM		SATURDAY, DEC 30 8:00 - 5:30 PM	
CHRISTMAS DAY		BOXING DAY		12:15pm Pilates Mat 2 Indoor Cycling	12:15pm DanceFit 1	12:15pm YogaFlow 2	9:15am Cardio Bootcamp 1				
				1:15pm Yoga Flow 1	1:15pm Restorative Core 2	1:15pm Bootcamp 1 Zumba 2	10:30am Yoga 2				
				5:15pm Zumba 1 Fab Abs 2	5:15pm Core & Stretch 1 PopDance 2	5:15pm Yoga 2	12:15pm Bounce & Sculpt 1				
				SUNDAY, DEC 31 8:00 - 2 PM							
						12:15pm Zumba Tone 1					
						10:30am YogaFlow 2					
MONDAY, JAN 1 CLOSED		TUESDAY, JAN 2 5:45 - 8:00 PM		WEDNESDAY, JAN 3 5:45 - 8:00 PM		THURSDAY, JAN 4 5:45 - 8:00 PM		FRIDAY, JAN 5 5:45 - 8:00 PM		SATURDAY, JAN 6 8:00 - 5:30 PM	
NEW YEAR'S DAY		12:15pm Bootcamp 1 PopDance 2 Indoor Cycling	12:15pm Pilates Mat 2 Indoor Cycling	12:15pm Tabata Plus 1 Indoor Cycling	12:15pm Double Step 1 YogaFlow 2 Indoor Cycling	9:15am Cardio Bootcamp 1					
		5:15pm DanceFit 1 Bootcamp 2 Indoor Cycling	1:15pm YogaFlow 1 Total Barre 2	1:15pm DanceFit 1 Yoga Flow 2	1:15pm Bootcamp 1 Zumba 2	10:30am Yoga 2					
		6:30pm Total Barre 2	4:40pm Tabata 1	5:15pm Core & Stretch 1 Indoor Cycling	5:15pm Pound 1 Yoga 2	12:15pm Bounce & Sculpt 1					
			5:15pm Zumba 1 Pilates Mat 2	6:30pm HIIT 1		SUNDAY, JAN 7 8:00 - 5:30 PM					
						12:15pm Zumba Tone 1					
						10:30am YogaFlow 2					




YWCA Health + Fitness Centre
535 Hornby Street, Vancouver BC V6C 2E8 tel 604 895 5777
ywcahealthandfitness.com

Last update: Nov 30, schedule subject to change.

1 = studio 1 | 2 = studio 2

All cycling classes are in the cycling studio.

 Note: All indoor cycling classes require headsets and are member's only classes. Please pick up a ticket at member services.





Holiday Aquatic Schedule

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<div style="border: 1px dashed black; padding: 10px;"> <h2>GIFT OF BALANCE</h2> <p>One month membership with towel service for \$59! Packaged with additional goodies and a greeting card, you'll be set for this season's gift-giving. Purchase the GIFT OF BALANCE for your family, friends, or coworkers today!</p> <p>Available in limited quantities. Some conditions apply. Please enquire with Member Services.</p> </div>				FRIDAY, DEC 22 5:45 - 8:00 PM	SATURDAY, DEC 23 8:00 - 5:30 PM
				10:15am AquaLite 12:15pm Deep Water Run	9:45am Aqua Rev-up
				SUNDAY, DEC 24 8:00 - 2 PM	
				10am Power Hour	
MONDAY, DEC 25 CLOSED	TUESDAY, DEC 26 CLOSED	WEDNESDAY, DEC 27 5:45 - 8:00 PM	THURSDAY, DEC 28 5:45 - 8:00 PM	FRIDAY, DEC 29 5:45 - 8:00 PM	SATURDAY, DEC 30 8:00 - 5:30 PM
CHRISTMAS DAY	BOXING DAY	10:15am AquaLite 1:10pm Aqua Xpress	1:15pm Aqua Zumba 5:10pm Aqua Tabata	10:15am AquaLite 12:15pm Deep Water Run	9:45am Aqua Rev-up
				10am Power Hour	
MONDAY, JAN 1 CLOSED	TUESDAY, JAN 2 5:45 - 8:00 PM	WEDNESDAY, JAN 3 5:45 - 8:00 PM	THURSDAY, JAN 4 5:45 - 8:00 PM	FRIDAY, JAN 5 5:45 - 8:00 PM	SATURDAY, JAN 6 8:00 - 5:30 PM
NEW YEAR'S DAY	12:15pm Aqua Rev-up	10:15am AquaLite 1:10 Aqua Xpress	5:10pm Aqua Tabata	10:15am AquaLite 12:15pm Deep Water Run	9:45am Aqua Rev-up
					SUNDAY, JAN 7 8:00 - 5:30 PM
				10am Power Hour	