

Effective September 5 - December 17, 2017

Studio Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 - 7:30 am Yoga Flow 1	6:15 - 7:15 am Indoor Cycling	6:30 - 7:30 am Yoga Flow 2	6:15 - 7:15 am Indoor Cycling	7:30 - 8:00 am Tabata 1	8:30 - 9:30 am Indoor Cycling	
7:15 - 8:00 am Total Barre 2	7:15 - 8:00 am Tabata Plus NEW 2 (Sep 12 - Oct 17)					
	11:00 - 11:45 am Yoga Flow 1				9:15 - 10:15 am Cardio Bootcamp 1	
	12:00 - 12:30 pm Body Sculpt Xpress 1				10:30 - 12:00 pm Yoga 2	10:30 - 12:00 pm Yoga Flow 2
12:15 - 1:00 pm Step Circuit 1 Total Barre 2 Indoor Cycling	12:15 - 1:00 pm Fab Abs (starts 12:30pm) 1 PopDance 2 Indoor Cycling	12:15 - 1:00 pm Cardio Bootcamp 1 Pilates Mat 2 Indoor Cycling	12:15 - 1:00 pm Tabata Plus 1 Total Barre 2 Indoor Cycling	12:15 - 1:00 pm Double Step 1 Yoga Flow 2 Indoor Cycling	12:15 - 1:00 pm Bounce & Sculpt 1	12:15 - 1:15 pm Zumba Tone 1
1:15 - 2:00 pm Yoga Flow 1 Bollywood Workout 2	1:15 - 2:00 pm Boot Camp 1 Restorative Stretch 2	1:15 - 2:00 pm Yoga Flow 1 Total Barre 2	1:15 - 2:00 pm NEW DanceFit NEW 1 Yoga Core 2	1:15 - 2:00 pm Bootcamp 1 Zumba 2		
2:15 - 2:45 pm Tabata 1			2:15 - 3:00 pm NEW Restorative Core 2			
4:45 - 5:15 pm Tabata 1	4:15 - 5:00 pm NEW Posture Workout 1	4:40 - 5:10 pm NEW Tabata 1		4:00 - 5:00 pm Yin Yoga 2		
5:15 - 6:15 pm Body Sculpt (starts 5:30) 1 Yoga Flow (till 6:30) 2 Indoor Cycling	5:15 - 6:15 pm DanceFit 1 Bootcamp 2 Indoor Cycling	5:15 - 6:00 pm Zumba NEW 1 Pilates Mat (till 6:15) NEW 2 Indoor Cycling	5:15 - 6:00 pm Core & Stretch (till 6:15) 1 Bounce & Sculpt NEW 2 Indoor Cycling	5:15 - 6:00 pm Pound 1 Yoga (till 6:45pm) 2		
6:30 - 7:30 pm DanceFit 1	6:30 - 7:30 pm HIIT 1 Total Barre (till 7:15pm) 2	6:15 - 7:15 pm NEW Zumba Strong 1 Yin Yoga (6:30-7:45pm) 2	6:30 - 7:30 pm HIIT 1 PopDance (6:20 - 7:20pm) 2			

PLEASE NOTE:
Prior to class, inform your instructor if you have any medical conditions which may affect your ability to exercise.
Pregnant women must complete a PAR-med X for Pregnancy form.
Indoor Cycling bikes are reserved for participants during class times.

Facility hours: Mon - Fri 5:45 am - 10 pm,
Sat & Sun 8 am - 5:30 pm

KEY TO CLASS LOCATIONS:
1 Studio 1
2 Studio 2



535 Hornby Street, Vancouver
Member Services 604 895 5777
memberservices@ywcavan.org

ywcahealthandfitness.com



Last update: Sep 5, 2017. Schedule subject to change.
Classes may be cancelled due to low participation.
Note: All indoor cycling classes are located in the Cycling Studio and require headsets. These classes are reserved for member's only. Please pick up a ticket at member services. Wear a Polar H7 monitor to participate in the team training (optional).

Studio Class Descriptions

MILD TO MODERATE

Restorative Core - Utilizing the fundamentals of Restorative Yoga, this core strengthening class will incorporate relaxing and regenerating yoga poses.

Restorative Stretch - This class will stretch and target your major muscle groups in a variety of different ways and intensity options, helping to balance joint and soft tissue flexibility.

Yin Yoga - Yin Yoga is a deeply relaxing and nourishing practice that can help you rediscover calmness and clarity in your mind, and comfort in your body. This slow style of yoga focuses on lengthening and rehabilitating the connective tissues.

MODERATE TO CHALLENGING

Body Sculpt / Body Sculpt Xpress - Sculpt and tone your entire body. This strength training class uses a variety of equipment, including free weights, resistance tubing, body balls and your own body weight. Short on time or just want a quick workout? Take the 30 minute Xpress class.

Bollywood Workout - an exhilarating cardio blast spiced up with groovy Bollywood “jhatkas” and “thumkas” (grooves and moves) for that full body workout like never before. This class to focus on improving fitness, relieving stress, building team spirit and confidence while boosting concentration.

Bootcamp - A conditioning circuit class designed for the aspiring athlete in all of us! This class combines sport specific drills, interval training and strength stations.

Bounce & Sculpt - Join us for full body conditioning that’s the latest “buzz” in Fitness. Intervals of cardio (using the rebounder) and muscle sculpting will be incorporated. All levels welcome. Note: ticket system in effect, pick yours up at Member Services 15 min prior *Member only class.

Cardio Bootcamp - This cardio circuit class is designed for the aspiring athlete in all of us. Using a variety of equipment, this class will strengthen your muscles and heart!

Core & Stretch - Build your core with exercises that challenge your strength and stability, as well as relax your spine and hips with some great yoga stretches.

DanceFit - Increase the FUN in your fitness! Fun moves & fun music equals a fit body at this choreographed cardio workout. Improve your cardio endurance, core strength, flexibility & exercise attitude! No experience necessary.

Double Step - Strengthen and tone your lower body in this choreographed aerobic conditioning class. Be prepared to sweat it out as you STEP to the beat.

Fab Abs - We’ll take you through a 30 minute workout that focuses on the abdominal/core muscles with minimal rest. Your 6-pack awaits!

HIIT - A high intensity interval training class. You’ll burn calories, build strength and have fun. Utilizing heart rate sensors and various equipments, this will be a full body workout.

Indoor Cycling - Cycle classes are a great cardio workout for everyone. Maximize YOUR caloric expenditure while utilizing the power of your internal motivation. No experience necessary, all levels welcome. Bring water and a headset – volume levels are individually set for each rider. Note: ticket system in effect, pick yours up at Member Services 15 min prior. Member only class. Wear a Polar H7 monitor to participate in the team training (optional).

Pilates Mat - This class teaches a series of mat exercises with progressive options for all levels.

PopDance - Enjoy a fun choreographed cardio blast! Dance to the world beats - Korean, British, Top 20 and more. No experience necessary.

Posture Workout - A full body conditioning class that uses gravity and a person’s own body weight in a series of exercises to correct alignment. Good posture and structural alignment can remove pain symptoms and improve mobility, strength and range of motion.

Pound - A lively combination of cardio intervals and drumming. This workout will tone your whole body, especially the trouble zones - glutes, thighs, and core! Feel the beat and have fun. Ticket system in effect for the drumming sticks. Pick up your ticket at Member Services 15 min prior or take the class without the sticks.

Step Circuit - Maximize your time and burn countless calories in this full body workout that combines aerobic intervals with segments of muscle conditioning. This class is less choreographed than step.

Tabata - Tabata is a simple yet effective high intensity interval training technique, designed to boost the body’s metabolism and burn calories. You will be challenged in this workout!

Tabata Plus - An advanced and fast paced class utilizing high intensity interval training techniques that give your

body that extra kick.

Total Barre - This class uses a combination of ballet, Pilates and yoga inspired poses done at the barre. Light handheld weights will also be incorporated to intensify the workout and floor mats will also be used for targeted core work.

Yoga - This Hatha-based class incorporates Yoga poses which stretch and tone your body. Develop internal awareness, and respect for your strengths and limitations.

Yoga Core - A mind and body workout. Increase core strength and definition while breathing through a series of Yoga poses.

Yoga Flow - Improve your flexibility, strength and balance with a selection of Yoga poses taught in a flowing sequence.

Zumba - Zumba is a fusion of Meringue, Salsa, Samba, Mamba, Cha-cha-cha, Cumbia, Flamenco, Belly dance, and Tango moves. We will teach you step-by-step moves, no dance experience needed!

Zumba Tone - It’s Zumba with light weights to help you focus on specific muscle groups. The weights will help with your rhythm and coordination, while toning target zones, including arms, core and lower body.

Zumba Strong - This class is great for any fitness enthusiasts looking for a more challenging, high intensity interval training! The music in STRONG by Zumba™ was crafted to drive the intensity in a challenging progression, that provides a total body workout.