



# Holiday Studio Schedule

Effective Dec 24, 2018 - Jan 6, 2019

MONDAY, DEC 24 5:45am - 3:00pm	TUESDAY, DEC 25 CLOSED	WEDNESDAY, DEC 26 CLOSED	THURSDAY, DEC 27 5:45am - 8:00pm	FRIDAY, DEC 28 5:45am - 8:00pm	SATURDAY, DEC 29 8:00am - 5:30pm
12:15pm Step Circuit 1 1:15pm Yoga Flow 1	CHRISTMAS DAY	BOXING DAY	12:15pm Tabata Plus 1 Total Barre 2 Indoor Cycling	12:15pm Yoga Flow 2 Indoor Cycling	8:30am Indoor Cycling 9:15am Cardio Bootcamp 1 10:30am Yoga 2
			1:15pm Yoga Flow 2 5:15pm Core & Stretch 1 Bounce & Sculpt 2	1:15pm Bootcamp 1 Zumba 2 5:15pm Yoga 2	<div style="background-color: #92d050; padding: 2px;">SUNDAY, DEC 30 8:00am - 5:30pm</div> 10:30am Yoga Flow 2
MONDAY, DEC 31 5:45am - 3:00pm	TUESDAY, JAN 1 CLOSED	WEDNESDAY, JAN 2 5:45am - 8:00pm	THURSDAY, JAN 3 5:45am - 8:00pm	FRIDAY, JAN 4 5:45am - 8:00pm	SATURDAY, JAN 5 8:00am - 5:30pm
12:15pm Step Circuit 1 Indoor Cycling 1:15pm Yoga Flow 1	NEW YEAR'S DAY	12:15pm Indoor Cycling 1 Pilates Mat 2 Cardio Bootcamp 1	12:15pm Tabata Plus 1 Total Barre 2 Indoor Cycling	7:30am Strength Xpress 1 12:15pm Double Step 1 Yoga Flow 2 Indoor Cycling	8:30am Indoor Cycling 9:15am Cardio Bootcamp 1 10:30am Yoga 2
		1:15pm Total Barre 2 Power Yoga 1 5:15pm Pilates Mat 2	1:15pm DanceFit 1 Yoga Flow 2 2:15pm Restorative Core 2 5:15pm Core & Stretch 1 6:30pm HIIT 1	1:15pm Bootcamp 1 Zumba 2 5:15pm Yoga 2	<div style="background-color: #92d050; padding: 2px;">SUNDAY, JAN 6 8:00am - 5:30pm</div> 10:30 Yoga Flow 2



**YWCA Health + Fitness Centre**  
535 Hornby Street, Vancouver BC V6C 2E8 tel 604 895 5777  
[ywcahealthandfitness.com](http://ywcahealthandfitness.com)

Last update: Dec 6. 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

Effective Dec 24, 2018 - Jan 6, 2019

MONDAY, DEC 24 5:45am - 3:00pm	TUESDAY, DEC 25 CLOSED	WEDNESDAY, DEC 26 CLOSED	THURSDAY, DEC 27 5:45am - 8:00pm	FRIDAY, DEC 28 5:45am - 8:00pm	SATURDAY, DEC 29 8:00am - 5:30pm
10:15am AquaLite 11:30am WorkShape 1:00pm Aqua Xpress	CHRISTMAS DAY	BOXING DAY	1:15pm Aqua Barre 5:15pm Aqua Rev-Up	10:15am AquaLite 11:30am WorkShape 1:00pm Deep Water Running	9:45am Aqua Rev-Up 1:00pm Family Swim
					SUNDAY, DEC 30 8:00am - 5:30pm 10:00am Power Hour 1:00pm Family Swim
MONDAY, DEC 31 5:45am - 3:00pm	TUESDAY, JAN 1 CLOSED	WEDNESDAY, JAN 2 5:45am - 8:00pm	THURSDAY, JAN 3 5:45am - 8:00pm	FRIDAY, JAN 4 5:45am - 8:00pm	SATURDAY, JAN 5 8:00am - 5:30pm
10:15am AquaLite 11:30am WorkShape 1:00pm Aqua Xpress	NEW YEAR'S DAY	10:15am AquaLite 11:30am WorkShape 1:00pm Aqua Xpress	1:15pm Aqua Barre 5:15pm Aqua Rev-Up	10:15pm AquaLite 11:30am WorkShape 1:00pm Deep Water Running	9:45am Aqua Rev-Up 1:00pm Family Swim

## GIFT OF BALANCE

One month membership with towel service for \$59. Packaged with additional goodies and a 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.