

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 Strength Xpress NEW 1	8:30 - 9:30 am Indoor Cycling	
	7:15 - 8:00 am Tabata Plus 1				9:15 - 10:15 am Cardio Bootcamp 1	
	11:00 - 11:45 pm Yoga Flow 1		11:00 - 12:00pm Restore & Renew Series 1 NEW SERIES (Oct 4 - Nov 8) Cardio Pilates (starts 11:15) 1 NEW SERIES (Nov 15 - Dec 20)			
11:30 - 12:00 pm TRX Xpress 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 - 1:15 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 Power Yoga NEW 1 Total Barre 2	1:15 - 2:00 pm DanceFit 1 Yoga Flow 2	1:15 - 2:00 pm Boot Camp 1 Zumba 2		
2:15 - 2:45 pm Tabata 1			2:15 - 3:00 pm Restorative Core 2			
4:45 - 5:15 pm HIIT Xpress NEW 1	4:00 - 5:00 pm Power Yoga 1	4:40 - 5:10 pm 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 Boot Camp 2 Indoor Cycling	5:15 - 6:00 pm Zumba 1 Pilates Mat (till 6:15) 2 Indoor Cycling (till 6:15)	5:15 - 6:15 pm Core & Stretch 1 Bounce & Sculpt (till 6:00) 2 Indoor Cycling (starts 5:30) NEW SERIES (Oct 25 - Nov 29)	5:15 - 6:00 pm Zumba 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 Fighter Fit 1 Yin Yoga (6:30-7:45pm) 2	6:30 - 7:30 pm HIIT 1 PopDance 2 (6:20 - 7:20pm)			

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.
Keiser equipment and Indoor Cycling bikes are reserved for participants during class times.



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

ywcahealthandfitness.com

Facility hours: Mon - Fri 5:45 am - 10 pm,
Sat & Sun 8 am - 5:30 pm
Last update: September 10, 2018. 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).

KEY TO CLASS LOCATIONS:
1 Studio 1
2 Studio 2

Studio Class Descriptions

MILD TO MODERATE

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.

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

Restore & Renew Series - The perfect class to relax and rest deeply. The class will begin with a slow-paced practice that prepares the body with gentle, supportive stretching, to enhance flexibility and calm the nervous system. The remainder of the class will be focused on breathing exercises and meditation techniques to help cultivate stillness, awareness and reduce the effects of daily stress - a great way to balance out a busy and active lifestyle.

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. The class focus is on improving fitness, relieving stress, building team spirit and confidence while boosting concentration.

Boot Camp - 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.

Cardio Pilates Series - This class incorporate Pilates based moves with cardio intervals. Guaranteed to build core strength & keep your heart rate up while being inspired by some cool music beats. Everyone welcome, modifications will be given.

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!

Fighter Fit -Punching and kicking drills coupled with functional strength exercises enables you to burn fat, tone your body, and strengthen your muscles all while having fun!

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

HIIT Xpress - Join the quick 30 minute high intensity interval training class that will burn calories. Using a variety of equipment and intervals 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.

Power Yoga - Power Yoga has its roots in Ashtanga which takes its cues from the practice made famous from Ashtanga master Sri K. Pattabhi Jois. This class moves with an even rhythm incorporating a series of Vinyasas, that will strengthen and challenge your yoga practice.

Strength Xpress - Maximum effort with little rest your major muscle groups will be challenged in just 30 minutes.

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.

TRX Xpress - TRX is one of the most effective ways to challenge core strength and stability. You will build muscle and increase cardiovascular fitness. All levels welcome, modifications given. The best part of all, our TRX classes are included in your membership.

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 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.