

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 - 7:30 am Masters	6:30 - 7:15 am Aqua Rise		6:30 - 7:30 am Paul Cross Masters	6:30 - 7:30 am Masters Swim		
10:15 - 11:00 am AquaLite		10:15 - 11:00 am AquaLite		8:30 - 9:15 am Private Swim Lesson*	9:45 - 10:30 am Aqua Rev Up	10:00 - 11:00 am Power Hour
11:30 - 12:00 pm WorkShape		11:30 - 12:00 pm WorkShape		11:30 - 12:00 pm WorkShape	10:45 - 11:45 am YWCA Swim Level 1	
	12:15 - 1:00pm Aqua Rev-Up		12:15 - 1:15 pm YWCA Freestyle Tri Training	12:15 - 1:00 pm Deep Water Running	12:15 - 1:00 pm Private Swim Lesson*	11:30 - 1:00 pm Private Swim Lesson*
1:10 - 1:50 pm Aqua Xpress (30 min with optional 10 min core & stretch)		1:10 - 1:50 pm Aqua Xpress (30 min with optional 10 min core & stretch)	1:15 - 2:00 pm Aqua Barre	1:15 - 2:00 pm Private Swim Lesson*	1:00 - 2:30 pm Family Swim	1:00 - 2:30 pm Family Swim
	2:45 - 5:45 pm Private Swim Lesson*		2:00 - 5:15 pm Private Swim Lesson*	3:30 - 5:00 pm Private Swim Lesson*	POOL LANES: During the following days/times, there are possible half to one lane bookings in the pool: Mondays 2-6 pm, after 7:30 pm Tuesdays 8:30-12 am, after 8:30 pm Wednesdays 6-7:30 am, after 6:30 pm Thursdays 7:30-12 pm Saturdays & Sundays 8-9:30 am, after 2:30 pm	
		5:15 - 6:15 pm YWCA Four Strokes	5:10 - 5:50 pm Aqua Kickbox	5:15 - 6:15 pm YWCA Swim Level 1		
6:30 - 7:30 pm YWCA Swim Level 2/3 Combo	6:00 - 7:00 pm Sea Hiker Level 1		6:00 - 7:00 pm Sea Hiker Level 4	6:30 - 9:15 pm Private Swim Lesson*		
	7:15 - 8:15 pm Sea Hiker Level 2		7:15 - 8:15 pm Sea Hiker Level 3			
	8:25 - 9:25 pm Sea Hiker Level 3		8:25 - 9:25 pm Sea Hiker Level 2			

Pool hours: Mon - Fri 5:45 am - 9:45 pm, Sat & Sun 8 am - 5:15 pm
2 or more swim lanes are available all day!

Prior to class, please let your instructor know if you have any medical conditions which may affect your ability to exercise.

Last update: Dec 19/2016. Schedule subject to change. Classes may be cancelled due to low participation.

*Private swim lesson only requires half a lane. Lots of room for others to lane swim!



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

ywcahealthandfitness.com

Aquatic Class Descriptions

MILD TO MODERATE

AquaLite - Designed to improve mobility, strength and general fitness with low impact. Recommended for those who have joint pain, restricted mobility or are recovering from an injury.

Aqua Xpress - A 30 minute high energy class that uses water resistance and body weight to challenge your cardiovascular system and muscle strength. Optional 10 minute core and stretch workout at the end.

Family Swim - This is open swim with no instruction, parents must be within arms reach of children (under 8 years of age) at all times. Children in diapers must wear Lil' Swimmers™ or equivalent. Max three children (up to 15yrs) per adult. Minimum of one child required, guardian must be in the pool area with the children at all times. Free for Members, Non-Members \$15.00.

MODERATE TO CHALLENGING

Aqua Barre - Similar to Aqua PiYo, this class creatively adapts ballet and Pilates exercises for the pool. Elongate the entire body with unique conditioning exercises. Improve strength, flexibility and posture while incorporating body awareness. Learn how to move the body as an integrated whole. Modifications are addressed with most exercises.

Aqua Kick-box - A blend of aquafit and kickbox done in intervals. It's low impact with lots of fun!

Aqua Rev-up - A 45-minute of high intensity cardio and strength workout that will increase your energy levels for the rest of the day.

Aqua Rise - This 45-minute class uses water resistance and body weight in a low impact setting. While focusing on core stability and cardiovascular movements this high energy class is designed to challenge and motivate you. A great way to start the day!

Deep Water Running - If you enjoy running and want a high intensity workout with zero impact, try deep water running! It is a great cross training activity that will improve your cardio strength and help prevent injuries. A float belt will be provided, and you must be comfortable in deep water (approx 6ft). Xpress classes are 30 minutes.

Power Hour - A 60 minute high energy class that uses water resistance and body weight to challenge your cardiovascular system and muscle strength

Private Swim Lesson

45 minutes private swim lesson to:

- Increase your comfort in the water
- Improve your stroke efficiency
- Develop your technique

Contact Member Services at 604 895 5777 to book a lesson.

WorkShape

WorkShape is an active rehabilitation program designed for individuals who are off work due to an injury. Referrals come from ICBC and WorkSafeBC (WCB).

Please contact WorkShape at 604 895 5794 for more information.



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Find your **ENERGY**

Find your **FITNESS**

Find your **BALANCE**

Find yourself

HERE

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	11:00 - 11:45 pm Yoga Flow 1					
10:15 - 11:00 am DryLite 4th fl (Jul 5 - Aug 4) NEW		10:15 - 11:00 am DryLite 4th fl (Jul 5 - Aug 4) NEW		10:15 - 11:00 am DryLite 4th fl (Jul 5 - Aug 4) NEW	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 Pilates Fusion 1 Yoga Flow 2	1:15 - 2:00 pm Bootcamp 1 Zumba 2		
2:15 - 2:45 pm Tabata 1		4:15 - 5:00 pm Posture Workout 2 (May 31 - Jul 5) NEW				
4:45 - 5:15 pm Tabata 1	4:00 - 5:00 pm Core & Stretch 1	4:45 - 5:15 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 Bootcamp 2 Indoor Cycling	5:15 - 6:15 pm Pilates Mat 2	5:15 - 6:00 pm Core & Stretch (till 6:15) 1 Bounce & Sculpt 2 Indoor Cycling (May/June, 5:30 - 6:15 pm)	5:15 - 6:00 pm Pound 1 Yoga (till 6:45pm) 2		
		5:30 - 6:00 pm Kickbox Bootcamp 1				
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 Zumba 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.

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
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Last update: Apr 12, 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

DryLite - A gentle land workout for seniors or anyone with balance or mobility issues.

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.

Cycle Circuit - This class is a fusion of cycle intervals and weight resistance training on the Keizer equipment. You'll burn more calories and build strength for any activity.

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 - This is 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).

Kickbox Bootcamp - Burn maximum calories in just 30 minutes while incorporating cardio kickbox intervals and stations. Various exercise equipment will also be used for maximum fun.

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

Pilates Fusion - Combination of pilates movements to challenge the body, mind, and spirit! An exciting workout using a variety of tools to challenge and increase core strength, balance, and flexibility.

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

Posture Fitness - 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 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.