

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6:30 - 7:30 am</b> Yoga Flow 2	<b>6:15 - 7:15 am</b> Indoor Cycling	<b>6:30 - 7:30 am</b> Yoga Flow 2	<b>6:15 - 7:15 am</b> Indoor Cycling (Jul 4-Aug 29)	<b>7:30 - 8:00 am</b> Strength Xpress 1	<b>8:30 - 9:30 am</b> Indoor Cycling	
	<b>7:15 - 8:00 am</b> Tabata Plus 1	<b>7:30 - 8:00 am</b> Cycle Xpress			<b>9:15 - 10:15 am</b> Cardio Bootcamp 1	
	<b>11:00 - 11:45 am</b> Yoga Flow 2					
<b>11:30 - 12:00 pm</b> TRX Xpress 1	<b>12:00 - 12:30 pm</b> Body Sculpt Xpress 1				<b>10:30 - 12:00 pm</b> Yoga 2	<b>10:30 - 12:00 pm</b> Yoga Flow 2
<b>12:15 - 1:00 pm</b> Cardio & Strength 1 Total Barre 2 Indoor Cycling	<b>12:15 - 1:00 pm</b> Fab Abs (starts 12:30pm) 1 PopDance 2 Indoor Cycling	<b>12:15 - 1:00 pm</b> Cardio Bootcamp 1 Pilates Mat 2 Indoor Cycling	<b>12:15 - 1:00 pm</b> HIIT 1 Total Barre 2 Indoor Cycling	<b>12:15 - 1:00 pm</b> Step Circuit 1 Yoga Flow 2 Indoor Cycling		<b>12:15 - 1:15 pm</b> Zumba Tone 1
<b>1:15 - 2:00 pm</b> Yoga Flow 1 Bollywood Workout 2	<b>1:15 - 2:00 pm</b> Boot Camp 1 Restorative Stretch 2 <b>2:15 - 3:00 pm</b> Yoga for Beginners 2 (ends Jun 25)	<b>1:15 - 2:00 pm</b> Total Barre 2 Power Yoga 1	<b>1:15 - 2:00 pm</b> DanceFit 1 Yoga Flow 2 <b>2:15 - 3:00 pm</b> Restorative Core 2	<b>1:15 - 2:00 pm</b> Boot Camp 1 Zumba 2		
<b>4:45 - 5:15 pm</b> HIIT Xpress 1		<b>4:40 - 5:10 pm</b> Tabata 1		<b>4:00 - 5:00 pm</b> Yin Yoga 2		
<b>5:15 - 6:15 pm</b> Body Sculpt (starts 5:30) 1 Yoga Flow (till 6:30) 2 Indoor Cycling	<b>5:15 - 6:15 pm</b> DanceFit 1 Boot Camp 2 Indoor Cycling Meditation 4 <sup>th</sup> fl (30 mins / May 7-Jun 25)	<b>5:15 - 6:15 pm</b> Zumba (till 6:00pm) 1 Pilates Mat 2 Indoor Cycling	<b>5:15 - 6:15 pm</b> Core & Stretch 1 Bounce & Sculpt (till 6:00pm) 2 Indoor Cycling (5:30-6:30pm) (ends Jun 20)	<b>5:15 - 6:15 pm</b> Zumba 1 Yoga (till 6:45pm) 2		
<b>6:30 - 7:30 pm</b> DanceFit 1	<b>6:30 - 7:30 pm</b> HIIT 1 Total Barre (till 7:15pm) 2	<b>6:15 - 7:15 pm</b> Cardio Bootcamp 1 Yin Yoga (6:20-7:30pm) 2	<b>6:30 - 7:30 pm</b> Zumba (6:20-7:20pm) 2 HIIT 1			

**PLEASE NOTE:**  
Prior to class, inform your instructor if you have any medical conditions or injuries which may affect your ability to exercise.  
Pregnant women must complete a PAR-med X for Pregnancy form.  
Please arrive to class on time, if you must leave early let the instructor know in advance.  
No cell phone use permitted during class.  
Studios and equipment are reserved for participants during class times.



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

**Facility hours:** Mon - Fri 5:45 am - 10 pm,  
Sat & Sun 8 am - 5:30 pm  
Last update: Jun 17, 2019. 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** - Go from hard core to the ultimate chill. The first half of the class focuses on increasing core stability and overall mobility, the second half incorporates active stretching along with relaxing and restorative yoga-inspired poses.

**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.

**Yoga for Beginners** - This gentle flow format is great for beginners. You'll develop the necessary skills and repertoire to comfortably advance to the regular Yoga Flow classes in the future.

## 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 & Strength** - A FULL body conditioning class. This class includes a complete cardio blast and finishes with some serious strength work utilizing various equipment. 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.

**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 / HIIT Xpress** - This is a high intensity interval training class. You'll burn calories, build strength and have fun. Utilizing various equipment, this will be a full body workout. Short on time or just want a quick workout? Take the 30 minute HIIT Xpress class.

**Indoor Cycling / Cycle Xpress** - 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). Short on time or just want a quick workout? Take the 30 minute Cycle Xpress class.

**Meditation** - Learn techniques to calm your mind, connect your breath and slow down. Meditation has been shown to reduce stress, improve sleep, and support a general better sense of health and well-being. All levels of experience and physical ability welcomed. May 7 - June 25.

**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. Note: ticket system in effect, pick yours up at Member Services 15 min prior.

**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.