

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				9:15 - 10:15 am <i>NEW</i> 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 - 1:00 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				2:15 - 3:00 pm Restorative Core 2 (Jan 20 - Feb 24)		
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) <i>NEW</i> 2 Indoor Cycling	5:15 - 6:15 pm DanceFit 1 Bootcamp 2 Indoor Cycling	5:15 - 6:15 pm Pilates Mat 2 Indoor Cycling (till 6:05) 5:30 - 6:00 pm Kickbox Bootcamp 1	5:15 - 6:00 pm Core & Stretch (till 6:15) 1 Bounce & Sculpt 2 Indoor Cycling <i>NEW</i> (5:30-6:15pm)	5:15 - 6:00 pm Pound 1 Yoga (till 6:45pm) 2		
6:30 - 7:30 pm DanceFit 1 Endurance Ride <i>NEW</i>	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
memberservices@ywcavan.org

ywcahealthandfitness.com



Last update: Jan 4, 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 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.

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.

Endurance Ride - This high energy ride is guaranteed to be fun with various hills and intervals. Consider having a light snack/meal before the class and don’t forget to bring your favorite sports drink.

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.

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.