

# Effective May 30 - June 20, 2021 Studio 1 Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<b>6:30 - 7:15 am</b> Yoga Flow w/ Emily G			<b>9:00 - 10:00 am</b> Yoga Flow w/ Jillian	<b>9:00 - 10:00 am</b> Yoga Flow w/ Lisa H
					<b>10:30 - 11:30 am</b> Yoga Flow w/ Todd	<b>10:30 - 11:30 am</b> Yoga Flow w/ Jenna
<b>12:15 - 1:00 pm</b> Cycle w/ Jill (rooftop)  Strength + Stretch w/ Hector	<b>12:15 - 1:00 pm</b> Pilates Mat w/ Dan	<b>12:15 - 1:00 pm</b> Cycle w/ Sandy (rooftop)  DanceFit Lite w/ Johanna	<b>12:15 - 1:00 pm</b> Barre Lite w/ Miriam	<b>12:15 - 1:00 pm</b> Cycle w/ Brano (rooftop)  Yoga Flow w/ Lisa M	<b>PLEASE NOTE:</b>  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.  <i>Classes may be recorded for our Fit on Demand channel so that you can access the workout from home. You will not be seen on camera unless you give consent.</i>	
<b>1:30 - 2:15 pm</b> Yoga Flow w/ Irene	<b>1:30 - 2:15 pm</b> Barre Lite w/ Olya	<b>1:30 - 2:15 pm</b> Yoga Flow w/ Jen W	<b>1:30 - 2:15 pm</b> Core & Stretch w/ Jill	<b>1:30 - 2:15 pm</b> Tone w/ Alesya		
<b>5:15 - 6:00 pm</b> Strength + Stretch w/ Sandy	<b>5:15 - 6:00 pm</b> DanceFit Lite w/ Johanna	<b>5:15 - 6:00 pm</b> Pilates Mat w/ Jill	<b>5:15 - 6:00 pm</b> Flow & Meditation w/ Jillian	<b>5:15 - 6:00 pm</b> Yin & Mediation w/ Adina		
	<b>6:15 - 7:00 pm</b> Strength + Stretch w/ Johanna					



**YWCA**  
METRO VANCOUVER

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

ywcahealthandfitness.com

**H+F Hours:** Mon - Fri 5:45 am - 9:30 pm  
Sat & Sun 8 am - 5:30 pm

Last update: June 1, 2021. Schedule subject to change.  
Classes may be cancelled due to low participation.

# Studio Class Descriptions

**Barre Lite:** workout includes a combination of ballet and Pilates inspired movements on the floor and at the barre. Lengthen and strengthen to move with grace and ease.

**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.

**Flow & Meditation:** a 30 minute gentle yoga class, followed by a 15 minute guided meditation. A great combo to bring joy to the mind and body.

**Pilates Mat:** this class teaches a series of mat exercises with progressive options for all levels. Your Pilates practice will improve your strength, balance and flexibility.

**Strength + Stretch:** full body workout using lighter weights and moderate repetitions. End with a stretch to increase mobility & flexibility and reduce stress.

**Tone:** in this class you'll have a complete body workout using small balls, bands and body weight. Activate all your muscles including core, hips and postural muscles. Be strong and lean.

**Yin & Meditation:** a 30 minute Yin Yoga class followed by a 15 minute meditation.

**Yoga Flow:** improve your flexibility, strength and balance in a flowing sequence of yoga poses. Bring peace to your mind and body.