

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY  | SUNDAY                                 |
|--|---|--|---|--|---|--|
|  | <b>7:00 - 8:00 AM</b><br>Qi Gong 2                          | <b>6:30 - 7:30 AM</b><br>Yoga Flow 2                                   | <b>6:15 - 7:15 PM</b><br>Indoor Cycling 2                           |  |   |  |
|  |   |  |   |  | <b>9:00 - 10:00 AM</b><br>Qi Gong 1<br>Yoga Flow 2  | <b>9:00 - 10:00 AM</b><br>Yoga Flow 2  |
|  |   |  |   |  | <b>10:30 - 11:30 AM</b><br>Yoga Flow 2  | <b>10:30 - 11:30 AM</b><br>Yoga Flow 2 |
| <b>11:15 - 12:00 PM</b><br>Yoga Flow 2   | <b>11:30 - 12:00 PM</b><br>TRX Xpress 1                     |  |   |  | <div style="background-color: #4CAF50; color: white; padding: 10px; border-radius: 15px;"> <p><b>PLEASE NOTE:</b></p> <p>Prior to class, inform your instructor if you have any medical conditions or injuries which may affect your ability to exercise.</p> <p>Pregnant women must complete a PAR-med X for Pregnancy form.</p> <p>Please arrive to class on time, if you must leave early let the instructor know in advance.</p> <p>No cell phone use permitted during class.</p> <p>Studios and equipment are reserved for participants during class times.</p> <p><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></p> </div> |  |
| <b>12:15 - 1:00 PM</b> <small>NEW</small><br>Cardio & Strength 1<br>Indoor Cycling 2 | <b>12:15 - 1:00 PM</b><br>Pilates Mat 1<br>Indoor Cycling 2 | <b>12:15 - 1:00 PM</b><br>DanceFit 1<br>Indoor Cycling 2               | <b>12:15 - 1:00 PM</b><br>Cardio Bootcamp 1<br>Barre 2              | <b>12:15 - 1:00 PM</b><br>Strength + Stretch 1<br>Yoga Flow 2<br>Court Fit FRC |   |  |
| <b>1:15 - 2:00 PM</b><br>Bollywood Workout 1<br>Pilates Mat 2                        | <b>1:15 - 2:00 PM</b><br>Bootcamp 1<br>Barre Strength 2     | <b>1:15 - 2:00 PM</b><br>Tone 1<br>Restorative Stretch 2               | <b>1:15 - 2:00 PM</b><br>Step Circuit 1<br>Yoga Flow 2              | <b>1:15 - 2:00 PM</b><br>Zumba 1<br>Pilates Mat 2                              |   |  |
|  |   |  |   |  |   |  |
|  |   |  |   |  |   |  |
| <b>5:15 - 6:15 PM</b><br>HIIT (till 6 PM) 1<br>Indoor Cycling 2                      | <b>5:15 - 6:00 PM</b><br>DanceFit 1<br>Indoor Cycling 2     | <b>5:15 - 6:15 PM</b><br>Pilates Mat (till 6 PM) 1<br>Indoor Cycling 2 | <b>5:15 - 6:15 PM</b><br>DanceFit (till 6 PM) 1<br>Core & Stretch 2 | <b>5:15 - 6:15 PM</b><br>Dance Fusion (till 6 PM) 1<br>Yin & Meditation 2      |   |  |
| <b>6:15 - 7:00 PM</b><br>Zumba 1   | <b>6:15 - 7:00 PM</b><br>HIIT 1<br>Karate (6:30-7:30 PM) 2  | <b>6:15 - 7:15 PM</b><br>Bollywood Workout 1                           | <b>6:15 - 7:00 PM</b><br>HIIT 1                                     | <b>6:30 - 7:30 PM</b><br>Karate 2  |   |  |



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

[ywcahealthandfitness.com](http://ywcahealthandfitness.com)

**Facility hours:** Mon - Fri 5:45 AM - 9:30 PM  
 Sat & Sun 8 AM - 5:30 PM

Last update: Nov 3, 2021. Schedule subject to change.  
 Classes may be cancelled due to low participation.

**KEY TO CLASS LOCATIONS:**

- 1 Studio 1
- 2 Studio 2
- FRC Fitness + Racquet Club

# Studio Class Descriptions

**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.

**Barre Strength** - This is full body workout that incorporates heavier weights 5-8lbs instead of your classic 1-3 lbs. We'll still pulse (maybe a bit less), plié and tuck as well as develop core strength and move to the tempo of upbeat music. The low impact cardio will have you working up a sweat and leave you feeling uplifted and strong! Not your typical barre class - all levels welcome!

**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.

**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.

**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 choreography-based class includes a complete cardio blast and finishes with 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.

**Court Fit** - A bootcamp class for racquet sport enthusiasts! Focus will be on strength, speed, endurance, flexibility. Please wear clean, non-marking athletic shoes.

**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.

**Dance Fusion** - A choreographed dance fitness class that incorporates Bollywood, Bolly X, K-pop, and Latin while grooving to some of the best top 40 music. It's a Dance Party on Friday nights here at the YWCA. Everyone welcome.

**HIIT** - 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?

**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.

**Karate** - Each class contains a warm-up and cardiovascular training, strength training, Kihon (basic techniques), Kata (forms), as well as Kumite (sparring). Students will learn how to kick and punch, block and evade. Our training offers concept and skills designed to develop self-protection strategies in a real conflict situation.

**Qi Chong** - An ancient practice for stress and more energy. This style of Qi Gong will improve circulation, strengthen the muscles, flexibility and increase cardiovascular health creating resiliency for health and vitality.

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

**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.

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

**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.

**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.

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

**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.

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY                                       | FRIDAY                                    | SATURDAY                                    | SUNDAY                                      |
|---|--|---|--|---|---|---|
| 6:30 - 7:30 AM<br>YWCA Swim Level 3             | 6:30 - 7:15 AM<br>Aqua Rise                    | 6:30 - 7:30 AM<br>YWCA Swim Level 3                           |  | 6:30 - 7:30 AM<br>YWCA Swim Level 3       |   |   |
| 7:45 - 8:15 AM<br>Private Lesson*               | 7:30 - 8:15 AM<br>Private Lesson*              | 7:30 - 8:30 AM<br>Private Group (2 lanes)                     | 7:15 - 8:00 AM<br>Private Lesson*              | 7:30 - 8:30 AM<br>Private Group (2 lanes) |   |   |
| 9:15 - 10:00 AM<br>Private Lesson*              | 9:15 - 10:00 AM<br>Private Lesson*             |   |  |   |   |   |
| 10:15 - 11:00 AM<br>Aqua Lite                   |  | 10:15 - 11:00 AM<br>Aqua Lite                                 |  | 10:15 - 12:00 PM<br>Private Lesson*       | 10:15 - 11:00 AM<br>Private Lesson*         | 10:00 - 11:00 AM<br>Power Hour              |
|   |  |   | 11:15 - 12:00 PM<br>Private Lesson*            |   |   | 11:15 - 12:00 PM<br>Private Lesson*         |
| 12:00 - 1:00 PM<br>YWCA Swim Combo<br>Level 2/3 | 12:15 - 1:00 PM<br>Aqua Rev-up                 |   |  | 12:15 - 1:00 PM<br>Deep Water Aquafit     | 12:00 - 1:00 PM<br>YWCA Swim Level 1        | 12:00 - 1:00 PM<br>YWCA Swim Level 1        |
|   |  | 1:15 - 2:00 PM<br>Aqua Xpress<br>(Core & Stretch 1:45 - 2 PM) |  | 1:15 - 2:00 PM<br>Private Lesson*         | 1:45 - 2:30 PM<br>Private Lesson*(1/2 lane) | 1:45 - 2:30 PM<br>Private Lesson*(1/2 lane) |
|   |  | 4:00 - 4:45 PM<br>Private Lesson*                             | 4:00 - 4:45 PM<br>Private Lesson*              |   |   |   |
| 5:15 - 6:15 PM<br>YWCA Swim Level 1             | 5:15 - 6:00 PM<br>Private Lesson*              | 5:15 - 6:15 PM<br>YWCA Swim Level 1                           | 5:00 - 6:00 PM<br>YWCA Swim Level 2            | 5:15 - 6:15 PM<br>YWCA Swim Level 1       |   |   |
| 6:45 - 7:30 PM<br>Private Lessons*              | 6:15 - 7:15 PM<br>YWCA Swim Combo<br>Level 2/3 | 6:45 - 7:30 PM<br>Private Lessons*                            | 6:15 - 7:15 PM<br>YWCA Swim Combo<br>Level 2/3 | 6:30 - 7:15 PM<br>Private Lessons*        |   |   |



# Aquatic Class Descriptions

**Aqua Lite** - 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 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!

**Aqua Xpress** - A 30 minute high energy class that uses water resistance and body weight to challenge your cardiovascular system and muscle strength. Optional 15-minute core and stretch workout at the end.

**Deep Water Aquafit** - This is a moderately paced and energizing class that utilizes water resistance for a variety of exercise combinations. Work at your own pace, this class is designed for participants who want to increase their fitness and muscular endurance with zero impact on the body. Participants must be comfortable in deep water. Weight belts will be supplied.

**Power Hour** - A 60-minute high energy class that uses water resistance and body weight to challenge your cardiovascular system and muscle strength. Deep and shallow options are incorporated. Everyone welcome.

## 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.



535 Hornby Street, Vancouver  
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Find your **ENERGY**

Find your **FITNESS**

Find your **BALANCE**

Find yourself

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