

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		6:30 - 7:30 am Yoga Flow 2	6:15 - 7:15 am Indoor Cycling 2			
	7:00 - 8:00 am Qi Gong 2				9:00 - 10:00 am	9:00 - 10:00 am
11:15 - 12:00 pm Yoga Flow 2				11:15 - 11:45 am Cycle Express 2	Yoga Flow 1 Qi Gong 2	Yoga Flow 1
	11:30 - 12:00 pm TRX Xpress 1				10:30 - 11:30 am Yoga Flow 1	10:30 - 11:30 am Yoga Flow 1
12:15 - 1:00 pm Cardio Strength 1 Indoor Cycling 2	12:15 - 1:00 pm Step Circuit 1 Pilates Mat 2	12:15 - 1:00 pm DanceFit 1 Indoor Cycling 2	12:15 - 1:00 pm Cardio Bootcamp 1 Barre 2	12:15 - 1:00 pm Strength & Stretch 1 Yoga Flow 2		
			12:30 - 1:15 pm Court Fit FRC		PLEASE NOTE: - PLEASE ARRIVE ON TIME. If you have to leave early, please cool down. - For back-to-back classes, please do not enter the studio until the previous class is over. - Pregnant women must complete a PAR-med X for Pregnancy form. - Please let your instructor know if you have any medical conditions or injuries that may affect your ability to exercise. - No cell phone use during class. - Studios and equipment are reserved for participants during class times. - If studio is not in use, you are welcome to enter the studio and share with other members.	
1:15 - 2:00 pm Bollywood 1 Pilates Mat 2	1:15 - 2:00 pm Bootcamp 1 Barre Strength 2	1:15 - 2:00 pm Restorative Stretch 2	1:15 - 2:00 pm Ball Workout 1 Power Yoga 2	1:15 - 2:00 pm Zumba 1 Pilates Mat 2		
5:15 - 6:15 pm HIIT 1 Hatha Yoga (till 6:30) 2	5:15 - 6:15 pm DanceFit 1 Core & Stretch 2	5:15 - 6:15 pm Pilates Mat 1 Indoor Cycling 2	5:15 - 6:15 pm DanceFit 1 Core & Stretch 2	5:15 - 6:15 pm Dance Fusion 1 Yin & Meditation (till 6:00) 2		
6:30 - 7:30 pm Zumba 1	6:30 - 7:30 pm HIIT 1 Karate 2	6:30 - 7:30 pm Bollywood 1	6:30 - 7:30 pm HIIT 1 Tone (till 7:15) 2	6:30 - 7:30 pm Karate 2		
			7:30 - 8:00 pm Private Program 2			

YWCA LESLIE DIAMOND DAY CARE Mondays to Fridays | 10:00 - 10:50 am | Studio 2



Facility hours:

Mon - Fri 5:45 am - 9:30 pm,
Sat & Sun 8 am - 5:30 pm

Last update: Dec 31, 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

Ball Workout - Ball workout is a class that will be different each time. Incorporating various types of balls to focus on different muscle groups, this dynamic class will strengthen and build up the core muscles of your body. Anyone looking for a complete body core workout can do a Ball workout class.

Barre - 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.

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 - 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 - Build your core with exercises that challenge your strength and stability, as well as relax your spine and hips with some great yoga stretches.

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.

Hatha Yoga - A yoga class described as 'Hatha' will typically involve a set of asanas (yoga poses) and breathing techniques. These are typically practised more slowly and with more static posture holds than a Vinyasa flow class. Everyone welcome.

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 Express - 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).

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

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

Power Yoga - Power yoga, which is also known as Vinyasa yoga, is a faster paced style of yoga (then YogaFlow or Hatha) that's focused on building strength and core stability. It is also an fantastic form of yoga for burning calories.

Qi Gong - 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.

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.

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.

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.

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!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 - 7:30 am YWCA Swim Level 3	6:30 - 7:15 am Aqua Rise	6:30 - 7:30 am YWCA Swim Level 3	6:00 - 6:45 am Private Lesson*	6:30 - 7:30 am YWCA Swim Level 3	10:15 - 11:00 am Private Lesson*	10:00 - 11:00 am Power Hour
7:45 - 8:30 am Private Lesson*	7:30 - 8:15 am Private Lesson*		7:15 - 8:00 am Private Lesson*			
	9:15 - 10:00 am Private Lesson*	7:30 - 8:30 am Private Group (2 lanes)	9:30 - 10:15 am Private Lesson*	7:30 - 8:30 am Private Group (2 lanes)		
9:30 - 10:15 am Private Lesson*		10:15 - 11:00 am AquaLite		10:15 - 11:00 am AquaLite		11:00 - 11:45 pm Private Lesson*
10:15 - 11:00 am AquaLite	11:00 - 11:45 am Private Lesson*		11:15 - 12:00 pm Private Lesson*	11:15 - 12:00 pm Private Lesson*	12:00 - 1:00 pm YWCA Swim Level 1	12:00 - 1:00 pm YWCA Swim Level 1
12:15 - 1:00 pm Private Lesson*	12:15 - 1:00 pm Aqua Xpress		12:15 - 1:00 pm Aqua Xpress	12:15 - 1:00 pm Deep H2O		
	5:15 - 6:00 pm Private Lesson*			1:15 - 2:00 pm Private Lesson*	1:45 - 2:30 pm Private Lesson*	1:45 - 2:30 pm Private Lesson*
		4:00 - 4:45 pm Private Lesson*	4:00 - 4:45 pm Private Lesson*			
5:15 - 6:15 pm YWCA Swim Level 1		5:15 - 6:15 pm YWCA Swim Level 1	5:15 - 6:00 pm Private Lesson*	5:15 - 6:15 pm YWCA Swim Level 1		
6:45 - 7:45 pm YWCA Swim Level 2	6:15 - 7:15 pm YWCA Swim Combo Level 2/3	6:45 - 7:45 pm YWCA Swim Level 2	6:15 - 7:15 pm YWCA Swim Combo Level 2/3	6:30 - 7:30 pm YWCA Swim Level 2		

2 or more swim lanes are available all day!



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

ywcahealthandfitness.com

Pool hours: Mon - Fri 5:45 am - 9:45 pm, Sat & Sun 8 am - 5:15 pm

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

Last update: December 31, 2021. 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!

Aquatic Class Descriptions

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!

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.

Deep H2O - 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.



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Find your **ENERGY**

Find your **FITNESS**

Find your **BALANCE**

Find yourself

HERE