

# Studio Schedule

## Effective May 1 - September 4, 2022

	MORNING CLASSES		AFTERNOON CLASSES		EVENING CLASSES		
<b>MONDAY</b>		<b>10:00-10:50 AM</b>	<b>12:15-1:00 PM</b>	<b>1:15-2:00 PM</b>	<b>5:15-6:15 PM</b>	<b>5:30-6:45 PM</b>	<b>6:30-7:30 PM</b>
		1 Leslie Diamond Childcare	1 Cardio & Strength w/ Hector	1 Bollywood w/ Rohan	1 HIIT w/ Sandy	1	1 Zumba w/ Maybelin
		2	2 Indoor Cycling w/ Leila	2 Yoga Flow w/ Irene	2	2 Hatha Yoga w/ Nourhan	2
<b>TUESDAY</b>	<b>7:00-8:00 AM</b>	<b>10:00-10:50 AM</b>	<b>12:15-1:00 PM</b>	<b>1:15-2:00 PM</b>	<b>5:15-6:15 PM</b>	<b>6:30-7:30 PM</b>	
	1	1 Leslie Diamond Childcare	1 Muscle Sculpt For All w/ Josh	1 Bootcamp w/ Josh	1 DanceFit w/ Johanna	1 HIIT w/ Brano	
	2 Qi Gong w/ Fran	2	2 Indoor Cycling w/ Kathy	2 Pilates Mat w/ Fran	2 Core & Stretch w/ Chris	2 Karate w/ Hamid	
<b>WEDNESDAY</b>	<b>6:30-7:30 AM</b>	<b>10:00-10:50 AM</b>	<b>12:15-1:00 PM</b>	<b>1:15-2:00 PM</b>	<b>5:15-6:15 PM</b>	<b>6:30-7:30 PM</b>	
	1	1 Leslie Diamond Childcare	1 DanceFit w/ Johanna	1 EmPOWER! w/ Leila	1 Pilates Mat w/ Jill	1 Bollywood w/ Yeshvi	
	2 Yoga Flow w/ Emily	2	2 Indoor Cycling w/ Karey	2 Restorative Stretch w/ Jody	2 Indoor Cycling w/ Jeff	2 Ready, Set, Summer! (till 7:15)	
<b>THURSDAY</b>	<b>6:15-7:15 AM</b>	<b>10:00-10:50 AM</b>	<b>12:15-1:00 PM</b>	<b>1:15-2:00 PM</b>	<b>5:15-6:15 PM</b>	<b>6:30-7:30 PM</b>	<b>7:30PM-CLOSE</b>
	1	1 Leslie Diamond Childcare	1 Low & Sculpt w/ Jill	1	1 DanceFit w/ Johanna	1 HIIT w/ Olya	1
	2 Indoor Cycling w/ Reesa	2	2 Barre Fusion w/ Miriam	2 Yoga Flow w/ Jen	2 Core & Stretch w/ Chris	2 Tone (till 7:15) w/ Johanna	2 Private Program
<b>FRIDAY</b>	<b>10:00-10:50 AM</b>	<b>11:15-11:45 AM</b>	<b>12:15-1:00 PM</b>	<b>1:15-2:00 PM</b>	<b>4:15-5:00 PM</b>	<b>5:15-6:15 PM</b>	<b>6:30-7:30 PM</b>
	1 Leslie Diamond Childcare	1	1 Strength Circuit w/ Hector	1 Zumba w/ Alesya	1	1 Dance Fusion w/ Marissa	1 Karate w/ Hamid
	2	2 Cycle Express w/ Sandy	2 Yoga Flow w/ Lisa	2 Pilates Mat w/ Hector	2 Energizing Stretch w/ Johanna	2 Yin & Meditation w/ Adina	2
<b>SATURDAY</b>	<b>9:00-10:00 AM</b>	<b>10:30-11:30 AM</b>	<b>12:00-12:45 PM</b>	<b>Colour codes:</b> Strength/Cardio/Conditioning Class Pilates/Yoga/Stretch Class Dance Exercise Class		<b>Facility hours:</b> Mon - Fri 5:45 am - 9:30 pm, Sat & Sun 8 am - 5:30 pm	<b>Class locations:</b> Studio 1      1 Studio 2      2
	1 Yoga Flow w/ Jillian	1 Yoga Flow w/ Todd	1 Ready, Set, Summer!				
	2 Qi Gong w/ Fran	2 Private Program (till 12:00 PM)	2				
<b>SUNDAY</b>	<b>9:00-10:00 AM</b>	<b>10:30-11:30 AM</b>	<b>12:00-1:00 PM</b>	PLEASE ARRIVE ON TIME. If you have to leave early, please cool down. 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 Yoga Flow w/ Emily	1 Yoga Flow w/ Jenna	1 Zumba Tone w/ Alice				
	2 8:30-9:30 AM Ready, Set, Summer!	2	2				

STRENGTH/CARDIO/CONDITIONING CLASSES	PILATES/YOGA/STRETCH CLASSES	DANCE EXERCISE CLASSES
<b>Barre Fusion</b> - A high intensity, low impact, total body workout using micromovements and a buffet of props. The best of Barre without the barre, you'll really feel the burn.	<b>Core &amp; Stretch</b> - Build your core with creative exercises that challenge your strength and stability, as well as relax your spine and hips with some great yoga stretches.	<b>Bollywood</b> - An exhilarating cardio blast spiced up with groovy Bollywood "jhatkas" and "thumkas" (grooves and moves) for a confidence building dance workout like never before.
<b>Bootcamp</b> - A conditioning circuit class designed for the aspiring athlete in all of us! This class combines sport specific drills, interval training and strength stations.	<b>Energizing Stretch</b> - A dynamic stretch class for your muscles and mindset. Try a variety of posture focused stretching techniques to move with more energy and ease.	<b>DanceFit</b> - Increase the fun in your fitness with a mood-boosting 360* dance fitness class. Improve your cardio, core and coordination with easy-to-follow options for every body.
<b>Cardio &amp; Strength</b> - Improve your cardio and build more strength with this challenging workout. This is a great full body workout to start your week!	<b>Hatha Yoga</b> - In a Hatha yoga class the asanas (yoga poses) and breathing techniques are practiced slowly. Great for those new to yoga and looking for a gentle class.	<b>Dance Fusion</b> - A choreographed dance fitness class that incorporates Bollywood, Bolly X, K-pop, and Latin while grooving to some of the best top 40 music.
<b>EmPOWER!</b> - Move, sweat and celebrate what your mind and body can do with agility, boxing, cardio & strength intervals. Be in power! Be ready! Be in control!	<b>Pilates Mat</b> - This class teaches a series of mat exercises with progressive options for all levels. A great class for those new to fitness, recovering from injury and focused on form.	<b>Zumba</b> - Zumba is a fusion of Meringue, Salsa, Samba, Mamba, Cha-cha-cha, Cumbia, Flamenco, Belly dance, and Tango moves. Learn step-by-step moves every class.
<b>HIIT</b> - This is a high intensity interval training class. You'll burn calories, build strength and have fun. Utilizing various equipment, this is a full body workout.	<b>Qi Gong</b> - An ancient practice for less stress and more energy. This style of Qi Gong will build strength, flexibility, and resilience to stimulate health and vitality.	<b>Zumba Tone</b> - Zumba Toning combines body-sculpting exercises and high-energy cardio work infused with Zumba moves to create a calorie-torching, strength-training fitness party.
<b>Indoor Cycling / Cycle Express</b> - Cycle classes are a great cardio workout for everyone. Maximize your caloric expenditure while utilizing the power of your internal motivation.	<b>Restorative Stretch</b> - 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.	
<b>Karate</b> - Each class contains a warm-up and cardiovascular training, strength training, Kihon (basic techniques), Kata (forms), as well as Kumite (sparring).	<b>Yin &amp; Meditation</b> - Yin works with the joints and fascial network holding the poses for longer durations than other yoga styles. Enjoy 45 minutes of Yin and a 15 minute meditation.	
<b>Low &amp; Sculpt</b> - In this class you'll have a complete body workout using a variety of equipment. Activate all your muscles including core, hips and postural muscles.	<b>Yoga Flow</b> - Improve your flexibility, strength and balance with a selection of Yoga poses taught in a flowing sequence.	
<b>Muscle Sculpt For All</b> - Everyone welcome! This class is not choreographed and is designed to strengthen the entire body in a multi-level fitness environment.		
<b>Strength Circuit</b> - Become stronger and more balanced with this challenging workout. This full body workout utilizes bodyweight, dumbbells, and various other equipment for an energizing, yet demanding class.		
<b>Tone</b> - Lengthen, strengthen, tone & tighten. This movement to music class features light weights with high reps, balance challenges and extra stretching.		

# Aquatic Schedule

## Effective May 1 - September 4, 2022

	MORNING CLASSES			AFTERNOON CLASSES		EVENING CLASSES	
<b>MONDAY</b>	<b>6:30-7:30 AM</b>	<b>9:15-10:00 AM</b>	<b>10:15-11:00 AM</b>	<b>12:15-1:00 PM</b>		<b>5:15-6:15 PM</b>	<b>6:30-7:30 PM</b>
	YWCA Swim Level 3	Private Lesson*	AquaLite w/ Cathie	Private Lesson*		YWCA Swim Level 1	YWCA Swim Level 2
<b>TUESDAY</b>	<b>6:30-7:15 AM</b>	<b>7:30-8:15 AM</b>	<b>11:00-11:45 AM</b>	<b>12:15-1:00 PM</b>	<b>1:30-2:15 PM</b>	<b>5:15-6:00 PM</b>	<b>6:15-7:15 PM</b>
	Aqua Rise w/ Jean (till May 24th)	Private Lesson*	Private Lesson*	Aqua Rev-up w/ Dale	Private Lesson*	Private Lesson*	YWCA Swim Level 2/3
		<b>9:15-10:00 AM</b>					
		Private Lesson*					
<b>WEDNESDAY</b>	<b>6:30-7:30 AM</b>	<b>10:15-11:00 AM</b>				<b>4:00-4:45 PM</b>	<b>6:30-7:30 PM</b>
	YWCA Swim Level 3	AquaLite w/ Jen				Private Lesson*	YWCA Swim Level 2
						<b>5:15-6:15 PM</b>	
						YWCA Swim Level 1	
<b>THURSDAY</b>	<b>6:00-6:45 AM</b>	<b>7:15-8:00 AM</b>	<b>11:15-12:00 PM</b>	<b>12:15-1:00 PM</b>	<b>1:30-2:15 PM</b>	<b>4:00-4:45 PM</b>	<b>6:15-7:15 PM</b>
	Private Lesson*	Private Lesson*	Private Lesson*	Aqua Xpress w/ Dale	Private Lesson*	Private Lesson*	YWCA Swim Level 2/3
		<b>9:45-10:30 AM</b>				<b>5:15-6:00 PM</b>	
		Private Lesson*				Private Lesson*	
<b>FRIDAY</b>	<b>6:30-7:30 AM</b>	<b>10:15-11:00 AM</b>	<b>11:15-12:00 PM</b>	<b>12:15-1:00 PM</b>	<b>1:15-2:00 PM</b>	<b>5:15-6:15 PM</b>	<b>6:30-7:30 PM</b>
	YWCA Swim Level 3	AquaLite w/ Amman	Private Lesson*	Deep H2O w/ Meaghan	Private Lesson*	YWCA Swim Level 1	YWCA Swim Level 2
<b>SATURDAY</b>		<b>10:15-11:00 AM</b>		<b>12:00-1:00 PM</b>	<b>1:45-2:30 PM</b>	<b>Colour codes:</b> Group Aquatic Fitness Class	<b>Pool hours:</b> Mon - Fri 5:45 am - 9:15 pm, Sat & Sun 8 am - 5:15 pm
		Private Lesson*		YWCA Swim Level 1	Private Lesson*		
<b>SUNDAY</b>		<b>10:00-11:00 AM</b>	<b>11:00-11:45 AM</b>	<b>12:00-1:00 PM</b>	<b>1:45-2:30 PM</b>		
		Power Hour w/ Nicole	Private Lesson*	YWCA Swim Level 1	Private Lesson*		

**2 or more swim lanes are available all day!**

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

\*Private swim lesson only requires half a lane, lots of room for others to lane swim!

### Annual Pool Closure

The pool area will be closed for annual cleaning and maintenance from Monday, August 22nd - Monday, September 5th.

**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 Rev-up** - A mid-day 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 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.**

Find your **ENERGY**

Find your **FITNESS**

Find your **BALANCE**

Find yourself **HERE**