

# Studio Schedule | Sept 6 - Dec 18 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING CLASSES</b>	<b>6:45-7:45 AM</b>	<b>7:00-8:00 AM</b>	<b>6:30-7:30 AM</b>	<b>6:15-7:15 AM</b>	<b>7:30-8:00 AM</b>	<b>9:00-10:00 AM</b>	<b>9:00-10:00 AM</b>
	1	1	1	1	1 Strength Express w/ Sandy	1 Power Yoga w/ Jillian	1 Power Yoga w/ Emily
	2 Private Booking (Sept 26-Dec 19)	2 Qi Gong w/ Fran	2 Yoga Flow w/ Emily	2 Indoor Cycling w/ Reesa	2	2 Qi Gong w/ Fran	2
	<b>10:00-10:50 AM</b>					<b>10:30-11:30 AM</b>	
	1 Leslie Diamond Childcare (LDC)	1 LDC	1 LDC	1 LDC	1 LDC	1 Yoga Flow w/ Todd	1 Yoga Flow w/ Jenna
	2	2	2	2	2	2 Private Booking (till 12PM)	2
<b>AFTERNOON CLASSES</b>	<b>12:15-1:00 PM</b>						
	1 Cardio & Strength w/ Hector	1 Muscle Sculpt w/ Josh	1 DanceFit w/ Johanna	1 Total Body Work w/ Aleya	1 Strength Circuit w/ Hector		1 Latin DF w/ Montse (Sept 18 start)
	2 EDM Cycle w/ Jill	2 Ride Like a Cyclist w/ Kathy	2 Indoor Cycling w/ Karey	2 Barre Fusion w/ Miriam	2 Yoga Flow w/ Lisa		2
				C Cycle w/ Sandy (Oct 13 start)	C Retro Cycle w/ Wendi	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.	
	<b>1:15-2:00 PM</b>						
	1 Zumba w/ Kane	1 Pilates Mat w/ Fran	1 Retro Step w/ Cathie	1 Pilates Mat w/ Jill (Oct 6 start)	1 Zumba w/ Aleya		
2 Yoga Flow w/ Irene	2	2 Restorative Stretch w/ Jody	2 Yoga Flow w/ Jen	2 Pilates Mat w/ Hector			
<b>EVENING CLASSES</b>					<b>4:15-5:00 PM</b>		
					2 Energizing Stretch w/ Johanna		
	<b>5:15-6:15 PM</b>						
	1 HIIT w/ Sandy	1 DanceFit w/ Johanna	1 Pilates Fusion w/ Johanna	1 DanceFit w/ Johanna	1 Zumba Tone w/ Alice (5:30PM start)	<b>Color codes:</b> Strength/Cardio/Conditioning Class Pilates/Yoga/Stretch Class Dance Exercise Class	
	2 Yoga Flow w/ Christine	2 Core & Stretch w/ Chris	2 Indoor Cycling w/ Jeff	2 Core & Stretch w/ Chris	2 Yin & Meditation w/ Adina		
	<b>6:30-7:30 PM</b>						
1 Zumba w/ Maybelin	1 HIIT w/ Brano	1 EmPOWER! w/ Leila	1 HIIT w/ Brano	1 Karate w/ Hamid	Facility hours: Mon - Fri 5:45 am - 9:30 PM, Sat & Sun 8 am - 5:30 PM	Class locations: Studio 1      1 Studio 2      2 Cycle Studio      C	
2	2 Karate w/ Hamid	2 Bollywood w/ Yeshvi	2 Assets w/ Sara (till 7:15PM) <b>7:30-8:30 PM</b> Private Booking (Oct 6-Dec 15)	2			

<b>STRENGTH/CARDIO/CONDITIONING CLASSES</b>	<b>Retro Step</b> - Burn countless calories on the step in this full body workout that combines aerobic intervals with muscle conditioning and is set to a retro play list from the 80s and 90s.	<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>Assets</b> - A high intensity, low impact workout with lots of lunges, squats, pulses and deep core work with sprinkles of low impact cardio. Assets is set to tempo with upbeat and uplifting music.	<b>Ride like a Cyclist</b> - Improve your cardio fitness and your riding ability in this HIIT cycle class focused on form and technique and taught from the perspective of a cyclist.	<b>Restorative Stretch</b> - This class will stretch and target your major muscle groups in a variety of different ways and in-tensity options, helping to balance joint and soft tissue flexibility.
<b>Barre Fusion</b> - A high intensity, low impact, total body workout using micro movements and a buffet of props. The best of Barre without the barre, you'll really feel the burn.	<b>Strength Circuit</b> - This full body workout utilizes body weight, dumbbells, and other equipment for challenging, motivating rep-tempo class. Intensity options offered for every exercise.	<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>Cardio &amp; Strength</b> - Improve your cardio and build more strength with this challenging, motivating rep-tempo workout. Intensity options offered for every exercise.	<b>Strength Express</b> - Build and maintain muscle in this express full body resistance training workout. Suitable for all levels.	<b>Yoga Flow</b> - Improve your flexibility, strength and balance with a selection of yoga poses taught in a flowing sequence. Connect your breath with your movement and practice at your pace.
<b>EDM Cycle</b> - Cycle to all of your favorite electronic dance music hits! Each song will be a drill, you will be moving and grooving with the beat. Everyone is welcome.	<b>Total Body Work</b> - This low impact class is designed to work all major muscles (including the heart), finishing with a solid 10+ minutes of Pilates-based abs and core work.	<b>DANCE EXERCISE CLASSES</b>
<b>EmPOWER!</b> - Move, sweat and celebrate what your mind and body can do with agility drills, boxing moves, cardio & strength intervals. Gain more confidence and feel your power!	<b>PILATES/YOGA/STRETCH CLASSES</b>	<b>Bollywood</b> - An exhilarating cardio blast spiced up with groovy Bollywood "jhatkas" and "thumkas" (grooves and moves) for a confidence building dance workout.
<b>HIIT</b> - This is a high intensity interval training class. You'll burn calories, build strength and have fun. Utilizing various equipment, you'll get a full body workout.	<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>DanceFit (DF)</b> - Increase the fun in your fitness with this mood-boosting 360* dance fitness class. Improve your cardio, core and coordination with easy-to-follow options for every body.
<b>Indoor Cycling</b> - Cycle classes are a great cardio workout for everyone. Maximize your caloric expenditure while utilizing the power of your internal motivation.	<b>Energizing Stretch</b> - A dynamic stretch class for your muscles and mind set. Try a variety of posture focused stretching techniques to help you move with more energy and ease.	<b>Latin DanceFit</b> - Enjoy Latin music and moves with a cardio blast at this mood-boosting 360* dance fitness class. Everyone welcome, with easy-to-follow options for every body.
<b>Karate</b> - Experience cardiovascular training, strength training, Kihon (basic techniques), Kata (forms) and Kumite (sparring). Gi's (Karate uniforms) are optional. Everyone welcome.	<b>Pilates Fusion</b> - Lengthen and strengthen with a mix of Pilates, barre and yoga. This all-levels mat class also features balance challenges and a gentle, deep stretch.	<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>Muscle Sculpt</b> - Strengthen the entire body in a multi-level fitness environment. This class is not choreographed and offers a variety of formats to keep your workouts fun and fresh.	<b>Pilates Mat</b> - This class teaches a series of traditional Pilates mat exercises with progressive options for all levels. Ideal for those new to fitness, recovering from injury and focused on form.	<b>Zumba Tone</b> - Zumba Tone combines body-sculpting exercises and high-energy cardio work infused with Zumba moves to create a calorie-torching, strength-training fitness party.
<b>Retro Cycle</b> - Cycle to all of your favorite songs from the 70s onwards! Each song will be a drill offering a great cardio workout for everyone.	<b>Power Yoga</b> - Power yoga is a faster paced class focused on building strength, increasing heart rates, improving flexibility and encouraging a more active lifestyle.	

# Aquatic Schedule | Sept 6 - Dec 18 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
<b>MORNING CLASSES</b>	<b>6:30-7:30 AM</b> YWCA Swim Level 3	<b>6:30-7:15 AM</b> Aqua Rise w/ Jean	<b>6:30-7:30 AM</b> YWCA Swim Level 3	<b>6:00-6:45 AM</b> Private Lesson	<b>6:30-7:30 AM</b> YWCA Swim Level 3	<b>2 OR MORE SWIM LANES ARE AVAILABLE ALL DAY, EVERY DAY OF THE WEEK!</b>			
	<b>9:30-10:15 AM</b> Private Lesson	<b>7:30-8:15 AM</b> Private Lesson		<b>7:15-8:00 AM</b> Private Lesson					
	<b>10:15-11:00 AM</b> Aqualite w/ Cathie	<b>9:15-10:00 AM</b> Private Lesson	<b>10:15-11:00 AM</b> Aqualite w/ Jen	<b>9:45-10:30 AM</b> Private Lesson	<b>10:15-11:00 AM</b>			<b>10:00-11:00 AM</b> Power Hour w/ Nicole	
		<b>11:00-11:45 AM</b> Private Lesson		<b>11:15-12:00 PM</b>				Private Lesson Aqualite w/ Deniz	<b>11:00-11:45 AM</b>
				Private Lesson	Private Lesson				Private Lesson
		<b>12:15-1:00 PM</b>			<b>12:15-1:00 PM</b>			<b>12:15-1:15 PM</b>	
<b>AFTERNOON CLASSES</b>	Private Lesson	<b>1:30-2:15 PM</b> Aqua Rev-up w/ Dale		<b>1:30-2:15 PM</b> Aqua X-press w/ Dale	<b>1:15-2:00 PM</b> Deep H2O w/ Meaghen	YWCA Swim Level 1	YWCA Swim Level 1		
		Private Lesson		Private Lesson	Private Lesson	<b>1:45-2:30 PM</b>			
<b>EVENING CLASSES</b>			<b>4:00-4:45 PM</b>			<b>Color 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		
	<b>5:15-6:15 PM</b>	<b>5:15-6:00 PM</b>	<b>5:15-6:15 PM</b>	<b>5:15-6:00 PM</b>	<b>5:15-6:15 PM</b>				
	YWCA Swim Level 1	Private Lesson	YWCA Swim Level 1	Private Lesson	YWCA Swim Level 1	Prior to class, please let your instructor know if you have any medical conditions which may affect your ability to exercise.			
	<b>6:30-7:30 PM</b>	<b>6:00-7:00 PM</b>	<b>6:30-7:30 PM</b>	<b>6:15-7:15 PM</b>	<b>6:30-7:30 PM</b>				
YWCA Swim Level 2	YWCA Swim Combo Level 2/3	YWCA Swim Level 2	YWCA Swim Combo Level 2/3	YWCA Swim Level 2	Private swim lesson only requires half a lane, lots of room for others to lane swim!				

## YWCA SWIM REGISTERED PROGRAMS

- YWCA SWIM LEVEL 1** Learn the fundamentals of water safety and gain comfort in and around the water. Perfect for swimming with your family and friends!
- YWCA SWIM LEVEL 2** Geared towards intermediate level swimmers, and those interested in doing their first triathlon or open water swim.
- YWCA SWIM LEVEL 2/3** Transition from casual to competitive swimming, with a focus on endurance and stroke refinement.
- YWCA SWIM LEVEL 3** Fitness-based, masters level workout program catered towards experienced and competitive swimmers.

**Contact Member Services at  
604 895 5777 or 604 681 0178  
to register!**

<p><b>AquaLite</b> - 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.</p>
<p><b>Aqua Rev-up</b> - A mid-day 45-minute of high intensity cardio and strength workout that will increase your energy levels for the rest of the day.</p>
<p><b>Aqua Rise</b> - 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!</p>
<p><b>Aqua Xpress</b> - 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.</p>
<p><b>Deep H2O</b> - 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.</p>
<p><b>Power Hour</b> - 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.</p>

### 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**