

Studio Schedule | May 1 - Sept 3 2023

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | | |
|----------------------------|--------------------------------------|--|---|---|--|--|--|---|--|
| MORNING CLASSES | | 7:00-8:00 AM 2 Qi Gong w/ Fran | 6:30-7:30 AM 2 Yoga Flow w/ Jenna | 6:15-7:15 AM C Cycling w/ Reesa | 7:30-8:00 AM 1 Strength Express w/ Sandy | 8:30-9:30 AM C Cycling w/ Leila | | | |
| | | | | | | 9:00-10:00 AM | | | |
| | | | | | | 1 Power Yoga w/ Jillian | 1 Power Yoga w/ Polina | | |
| | | | | | | 2 Qi Gong w/ Fran | | | |
| | | 10:00-10:50 AM 2 Leslie Diamond Childcare (LDC) | | | 10:00-10:50 AM 2 LDC | | 10:30-11:30 AM | | |
| | | | | | | 1 Yoga Flow w/ Todd | 1 Yoga Flow w/ Jenna | | |
| AFTERNOON CLASSES | 12:15-1:00 PM | | | | | | 2 Be Fit w/ Alesya - Registered Program (till 12:00 PM) | | |
| | 1 Cardio & Strength w/ Hector | 1 Muscle Sculpt w/ Josh | 1 DanceFit w/ Johanna | 1 Total Body Work w/ Alesya | 1 Strength Circuit w/ Hector | | | | |
| | 2 Pilates Mat w/ Jen | 2 Power Yoga Intermediate w/ Lucy | 2 Pilates Mat w/ Hector | 2 Barre Fusion w/ Miriam | 2 Yoga Flow w/ Johanna | 3:00-4:00 PM | | | |
| | C EDM Cycle w/ Jill | C Ride like a Cyclist w/ Kathy | C Cycling w/ Karey | C Cycling w/ Sandy | | 2 Gentle Yoga w/ Judy | | | |
| | 1:15-2:00 PM | | | | | | | Book your classes on our YWCA Health + Fitness mobile app! PLEASE ARRIVE ON TIME. 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. 2-hour notice is required for cancellations or a \$10 no-show fee will apply. You can update your availability on your mobile app or contact bookings@ywcavan.org. | |
| | 1 Zumba w/ Kane | 1 Latin Bellydance w/ Svetlana | 1 Total Body Work w/ Jill | 2 Yoga Flow w/ Jen | 1 Step Aerobics w/ Annie | | | | |
| | 2 Hatha Yoga w/ Megha | 2 Pilates Mat w/ Fran | 2 Restorative Stretch w/ Jody | | | 4:15-5:00 PM | | | |
| | | | 4:30-5:00 PM 2 Cardio Boxing w/ Ryu | | 2 Energizing Stretch w/ Johanna | | | | |
| | 5:15-6:15 PM | | | | | | | | |
| | 1 HIIT w/ Sandy | 1 DanceFit w/ Johanna | 1 HIIT w/ Josh & Olya | 1 DanceFit w/ Johanna | 1 Zumba Toning w/ Alice | | | | |
| 2 Gentle Yoga w/ Megan | 2 Core & Stretch w/ Chris | 2 Pilates Fusion w/ Johanna | 2 Core & Stretch w/ Chris | 2 Yin & Meditation w/ Adina | | | | | |
| C Cycle & Strength w/ Alex | | C Cycling w/ Jeff | C Ride like a Cyclist w/ Kathy | | | | | | |
| 6:30-7:30 PM | | | | | | Color codes: Strength/Cardio Conditioning Class Pilates/Yoga/Stretch Class Dance Exercise Class | Class locations: Studio 1 Studio 2 Cycle Studio | | |
| 1 Zumba w/ Maybelin | 1 HIIT w/ Brano 2 Karate w/ Hamid | 1 Zumba w/ Jennica 2 Yoga Nidra w/ Nourhan (1st Wed of each month only) | 1 HIIT w/ Jenna 2 Yin & Yang Yoga w/ Elena | 1 Karate w/ Hamid | | | | | |

STUDIO CLASS DESCRIPTIONS

STRENGTH/CARDIO/CONDITIONING CLASSES

Muscle Sculpt - 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.

Ride like a Cyclist - Improve your cardio fitness and your riding ability in this HITT cycle class. The focus is on form and technique and taught from the perspective of a cyclist.

Strength Circuit - This full body workout utilizes body weight, dumbbells, and other equipment for challenging, motivating rep-tempo class. Intensity options offered for every exercise.

Strength Express - Build and maintain muscle in this express full body resistance training workout. Suitable for all levels.

Step Aerobics - Burn calories and have fun at this choreographed step workout with high and low impact options suitable for all fitness levels.

Total Body Work (TBW) - This low impact class is designed to work all major muscles (including the heart), finishing with a solid 10+ minutes of Pilates-based core work.

Power Yoga - Power yoga is focused on building strength, increasing heart rates, improving flexibility and encouraging a more active lifestyle. Modifications offered and encouraged.

Power Yoga Intermediate - This intermediate class is faster paced with more intensity options and focused on building strength, increasing heart rates, improving flexibility.

Qi Gong - 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.

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.

Yin & Meditation - 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.

Yin & Yang Yoga - Two styles of yoga blended into one practice - bringing together the benefits of more dynamic sequences and standing postures with passively holding yoga poses.

PILATES/YOGA/STRETCH CLASSES

Yoga Flow - 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.

Yoga Nidra - Done lying down, this one hour practice is equivalent to eight hours of deep sleep in terms of rejuvenation and regeneration experienced on all levels of our being.

DANCE EXERCISE CLASSES

Core & Stretch - Build your core with creative exercises that challenge your strength and stability. Relax your spine and hips with some great yoga stretches.

Energizing Stretch - An active stretch class for your muscles and mindset. Try self-myofascial release work with stretching techniques to help you move with more energy and ease.

Gentle Yoga - Enjoy this slower paced class with gentle transitions for each pose. Great for those new to yoga and for anyone wanting to go deeper into their practice.

Hatha Yoga - This class offers a sequence of yoga asanas (poses) and breathing techniques practiced slowly, and static postures held with an emphasis on alignment.

Pilates Fusion - Lengthen and strengthen with a mix of Pilates, barre and yoga. This all-levels moderate intensity mat class also features balance challenges and a gentle, deep stretch.

Pilates Mat - This class teaches a series of traditional Pilates mat exercises with progressive options for all levels. Ideal for those new to fitness, in prehab/rehab, and focused on form.

DanceFit - 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.

Latin Bellydance - Enjoy the most contagious beats from Latin America and Brazil with tango and samba blended into a fiery and exciting belly dance.

Zumba - 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.

Zumba Toning - Zumba Toning combines body-sculpting exercises and high-energy cardio work infused with Zumba moves to create a strength-training fitness party.

Barre Fusion - A high intensity, low impact, total body choreographed workout using micro movements and a buffet of props. Performed with bare feet or barre socks.

Cardio Boxing - This tough, energetic and highly satisfying workout incorporates various elements of boxing techniques to improve your cardio stamina, endurance, balance, and coordination.

Cardio & Strength - Improve your cardio and build more strength with this challenging, motivating rep-tempo workout. Intensity options offered for every exercise.

Cycling - Cycle classes are a great cardio workout for everyone. Maximize YOUR caloric expenditure while utilizing the power of your internal motivation.

Cycle & Strength - A fun and challenging mix of cardio and building strength. 40 min of cardio on the bike, followed by 15 minutes of muscular strength (using light weights or body weight). A great way to cross train!

EDM Cycle - Cycle to all of your favourite electronic dance music hits! Each song will be a drill, you will be moving and grooving with the beat. Everyone is welcome.

HIIT - 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.

Karate - Experience cardiovascular training, strength training, Kihon (basic techniques), Kata (forms) and Kumite (sparring). Gi's (Karate uniforms) are optional. Everyone welcome.

Studio Schedule | May 1 - Sept 3 2023

Facility hours:
Mon - Fri 5:45 am - 9:30 PM, Sat & Sun 8 am - 5:30 PM

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| | | | | | | 9:00-10:00 AM | |
| | | | | | | 1 Power Yoga w/ Jillian | 1 Power Yoga w/ Polina |
| | | 10:00-10:50 AM 2 Leslie Diamond Childcare (LDC) | | 10:00-10:50 AM 2 LDC | | 2 Qi Gong w/ Fran | |
| AFTERNOON CLASSES | 12:15-1:00 PM | | | | | | Book your classes on our YWCA Health + Fitness mobile app! PLEASE ARRIVE ON TIME. 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. 2-hour notice is required for cancellations or a \$10 no-show fee will apply. You can update your availability on your mobile app or contact bookings@ywcavan.org. Class locations: Studio 1 1 Studio 2 2 Cycle Studio C |
| | 1 Cardio & Strength w/ Hector | 1 Muscle Sculpt w/ Josh | 1 DanceFit w/ Johanna | 1 Total Body Work w/ Alesya | 1 Strength Circuit w/ Hector | | |
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| 1 Zumba w/ Maybelin | 1 HIIT w/ Brano | 1 Zumba w/ Jennica | 1 HIIT w/ Jenna | 1 Karate w/ Hamid | | | |
| | 2 Karate w/ Hamid | 2 Yoga Nidra w/ Nourhan (1st Wed of each month only) | 2 Yin & Yang Yoga w/ Elena | | | | |

Aquatic Schedule | May 1 - Sept 3 2023

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | | |
|--------------------------|---|--|--|---------------------------------------|--|---|---------------------------------------|---|--|
| MORNING CLASSES | 6:30-7:30 AM YWCA Swim Level 3 | 6:30-7:15 AM Aqua Rise w/ Jean | 6:30-7:30 AM YWCA Swim Level 3 | 7:15-8:00 AM Private Lesson | 6:30-7:30 AM YWCA Swim Level 3 | 2 OR MORE SWIM LANES ARE AVAILABLE ALL DAY, EVERY DAY OF THE WEEK! | | | |
| | 9:30-10:15 AM Private Lesson | | 7:45-8:45 AM YWCA Swim Combo Level 2/3 | | 7:45-8:45 AM YWCA Swim Combo Level 2/3 | | | | |
| | 10:15-11:00 AM Aqualite w/ Cathie | | 9:15-10:00 AM Private Lesson | | 10:15-11:00 AM Aqualite w/ Jen | | | 9:45-10:30 AM Private Lesson | 10:15-11:00 AM AquaGroove w/ Meaghen |
| | | 11:00-11:45 AM Private Lesson | | | 11:30-12:15 PM Private Lesson | | | 11:00-11:45 AM Private Lesson | 11:00-11:45 AM Private Lesson |
| | | | | | | | | | |
| | | | | | | | | | |
| AFTERNOON CLASSES | 12:15-1:00 PM | | | 12:15-1:00 PM | | 12:00-1:00 PM | | | |
| | Private Lesson | 1:30-2:15 PM Aqua Rev-up w/ Dale | | Aqua X-press w/ Dale | Deep AquaGroove w/ Meaghen | YWCA Swim Level 1 | YWCA Swim Level 1 | | |
| | | Private Lesson | | | 3:00-3:45 PM Private Lesson | 2:00-2:45 PM Private Lesson (2 available) | 1:30-2:15 PM Private Lesson | | |
| | | | | | | 2:45-3:30 PM Private Lesson | | | |
| | | | | | | 3:00-3:45 PM | | | |
| | | | | | | Private Lesson | Private Lesson (2 available) | | |
| EVENING CLASSES | | | 4:00-4:45 PM | | | Color codes: Group Aquatic Fitness Class Pool hours: Mon - Fri 5:45 am - 9:15 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. | | | |
| | | | Private Lesson | Private Lesson | | | | | |
| | 5:00-6:00 PM YWCA Swim Level 1 | 5:15-6:00 PM Private Lesson | 5:00-6:00 PM YWCA Swim Level 1 | 5:15-6:00 PM Private Lesson | 5:00-6:00 PM YWCA Swim Level 1 | | | | |
| | 6:30-7:30 PM | | | | | | | | |
| | YWCA Swim Level 2 | YWCA Swim Combo Level 2/3 | YWCA Swim Level 2 | YWCA Swim Combo Level 2/3 | YWCA Swim Level 2 | | | | |

Book your classes, programs, and lessons on our YWCA Health + Fitness mobile app!

- Group aquatic and land fitness classes are included with your membership.

- A private swimming lesson is 45 minutes.
Member \$55/Non-member \$63.50

- YWCA Swim programs are sessions of a set number of classes.
7 classes: Member \$147 | Non-member \$206.50
8 classes: Member \$168 | Non-member \$236

AquaGroove - Everyone welcome! Each class is choreographed to the beat of an exciting and innovative playlist. Elongate your muscles and strengthen your whole body while “grooving” to the beat of your favorite hits! Deep AquaGroove requires a float belt or people can take part in the shallow end if they prefer.

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.

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.

Find your **ENERGY**

Find your **FITNESS**

Find your **BALANCE**

Find yourself **HERE**