

# Studio Schedule | Nov 1 - Dec 17 2023

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
<b>MORNING CLASSES</b>		<b>6:15 - 7:15AM</b> C Cycle60 w/ Jennie ●	<b>7:30 - 8AM</b> 1 Sculpt Express w/ Sandy ●	<b>6:15 - 7:15AM</b> C Cycle60 w/ Reesa ●	<b>7:30 - 8AM</b> 1 Sculpt Express w/ Sandy ●			
						<b>9 - 10AM</b>	<b>9 - 10AM</b>	
						1 Qi Gong w/ Fran ●	1 Power Yoga w/ Geet ●	
		<b>10:30 - 11:30AM</b> 2 Leslie Diamond Childcare (LDC)	<b>10:30 - 11:45AM</b> 2 Pilates Chair Workout Registered Program ●	<b>10:30 - 11:30AM</b> 2 LDC		<b>10:30 - 11:30AM</b> 1 Yoga Flow w/ Todd ●	<b>10:30 - 11:30AM</b> 1 Yoga Flow w/ Jenna ●	
<b>AFTERNOON CLASSES</b>	<b>12:15 - 1PM</b>					2 Be Fit Registered Program ●	<b>12 - 1PM</b> 1 Zumba Toning w/ Alice ●	
	1 Cardio & Strength w/ Hector ●	1 Muscle Sculpt w/ Josh ●	1 DanceFit w/ Johanna ●	1 Total Body w/ Alesya ●	1 Strength w/ Hector ●			
	2 Pilates Mat w/ Jen ●	2 Yoga Flow w/ Jill ●	2 Pilates Mat w/ Hector ●	2 Barre Fusion w/ Miriam ●	2 Yoga Flow w/ Johanna & Jen ●	<b>3 - 4PM</b>		
	C EDM Cycle w/ Jill ●	C Ride w/ Kathy ●	C Cycle45 w/ Karey ●	C Cycle45 w/ Sandy ●	C Cycle45 w/ Jennie ●	2 Gentle Yoga w/ Judy ●		
	<b>1:15 - 2PM</b>					<b>Book your classes on our YWCA Health + Fitness mobile app!</b>		
	1 Zumba w/ Kane ●	1 Strong Nation w/ Bree ●	1 Total Body w/ Melissa ●	2 Power Yoga w/ Lucy ●	1 Step w/ Annie ●	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 Hatha Yoga w/ Geet ●	2 Pilates Mat w/ Fran ●	2 Restorative Stretch w/ Jody ●			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.		
	<b>4:15 - 5PM</b> 1 Muscle Sculpt w/ Alex ●			<b>4:15 - 5PM</b> 2 Energizing Stretch w/ Johanna ●				
<b>EVENING CLASSES</b>	<b>5:15 - 6:15PM</b>						Color codes: Strength/Cardio Conditioning Class ● Pilates/Yoga/Stretch Class ● Dance Exercise Class ●	Class locations: Studio 1 1 Studio 2 2 Cycle Studio C
	1 HIIT w/ Sandy ●	1 DanceFit w/ Johanna ●	1 HIIT w/ Josh ●	1 DanceFit w/ Johanna ●	1 Zumba Toning w/ Maybelin ●			
	2 Gentle Yoga w/ Megan ●	2 Core & Stretch w/ Chris ●	2 Pilates Fusion w/ Johanna ●	2 Core & Stretch w/ Chris ●	2 Yin & Meditation w/ Jillian ●			
	C Cycle & Tone w/ Alex ●	C Cycle & Tone w/ Kassie ●	C Cycle60 w/ Jeff ●	C Ride w/ Kathy ●				
	<b>6:30 - 7:30PM</b>							
1 Zumba w/ Maybelin ●	1 HIIT w/ Sam ●	1 Zumba w/ Jennica ●	1 HIIT w/ Jenna ●	1 Karate w/ Hamid (till 8pm) ●				
	2 Karate w/ Hamid (till 8pm) ●							

<p><b>STRENGTH/CARDIO/CONDITIONING CLASSES</b></p>	<p><b>Step</b> - Burn calories and have fun at this workout that is choreographed to pop favourites. Options for everyone from beginners to advanced steppers.</p>	<p><b>Power Yoga</b> - Power yoga is focused on building strength, increasing heart rates, improving flexibility and encouraging a more active lifestyle. Modifications offered and encouraged.</p>
<p><b>Barre Fusion</b> - A high intensity, low impact, total body choreographed workout using micro movements and a buffet of props. Performed with bare feet or barre socks.</p>	<p><b>Strength</b> - This full body workout utilizes body weight, dumbbells, and other equipment for challenging, motivating rep-tempo class. Intensity options offered for every exercise.</p>	<p><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.</p>
<p><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.</p>	<p><b>Strong Nation</b> - This high-energy and high-impact class combines body weight, muscle conditioning, cardio and plyometric training moves synced to the beat of the music.</p>	<p><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.</p>
<p><b>Cycle &amp; Tone</b> - A fun and challenging mix of cardio and building strength. 35 min of cardio on the bike, followed by 20 minutes of muscular strength. A great way to cross train!</p>	<p><b>Total Body</b> - 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.</p>	<p><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.</p>
<p><b>Cycle45 and Cycle60</b> - Cycle classes are a great cardio workout for everyone. Maximize YOUR caloric expenditure while utilizing the power of your internal motivation.</p>	<p><b>PILATES/YOGA/STRETCH CLASSES</b></p>	<p><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.</p>
<p><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.</p>	<p><b>Core &amp; Stretch</b> - Build your core with creative exercises that challenge your strength and stability. Relax your spine and hips with some great yoga stretches.</p>	<p><b>DANCE EXERCISE CLASSES</b></p>
<p><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.</p>	<p><b>Energizing Stretch</b> - An active stretch class for your muscles and mind-set. Try self-myofascial release work with stretching techniques to help you move with more energy and ease.</p>	<p><b>DanceFit</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.</p>
<p><b>Karate</b> - Experience cardiovascular training, strength training, Kihon (basic techniques), Kata (forms) and Kumite (sparring). Gi's (Karate uniforms) are optional. Everyone welcome.</p>	<p><b>Gentle Yoga</b> - 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.</p>	<p><b>Zumba</b> - A fusion of Meringue, Salsa, Samba, Mamba, Cha-cha-cha, Cumbia, Flamenco, Belly dance, and Tango moves. Learn step-by-step moves every class.</p>
<p><b>Muscle Sculpt</b> - Strengthen the entire body in a multi-level fitness environment. This class offers a variety of formats to keep your workouts fun and fresh.</p>	<p><b>Hatha Yoga</b> - This class offers a sequence of yoga asanas (poses) and breathing techniques practiced slowly, and static postures held with an emphasis on alignment.</p>	<p><b>Zumba Toning</b> - Zumba Toning combines body-sculpting exercises and high-energy cardio work infused with Zumba moves to create a strength-training fitness party.</p>
<p><b>Ride</b> - Improve your cardio fitness and your riding ability in this HIIT cycle class. The focus is on form and technique and taught from the perspective of a cyclist.</p>	<p><b>Pilates Fusion</b> - 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.</p>	
<p><b>Sculpt Express</b> - Build and maintain muscle in this express full body resistance training workout. Suitable for all levels.</p>	<p><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, in prehab/rehab, and focused on form.</p>	

# Aquatic Schedule | Sept 5 - Dec 17 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING CLASSES</b>	<b>6:30 - 7:30AM</b>	<b>6:30 - 7:15AM</b>	<b>6:30 - 7:30AM</b>	<b>7:15 - 8AM</b>	<b>6:30 - 7:30AM</b>		
	YWCA Swim Level 3	Aqua Rise w/ Jean	YWCA Swim Level 3	Private Lesson	YWCA Swim Level 3		
	<b>9:30 - 10:15AM</b>	<b>7:30 - 8:15AM</b>			<b>7:45 - 8:45AM</b>	<b>9:15 - 10AM</b>	
	Private Lesson	Private Lesson			YWCA Swim Combo Level 2/3	Private Lesson	
	<b>10:15 - 11AM</b>	<b>9:15 - 10AM</b>	<b>10:15 - 11AM</b>	<b>9:45 - 10:30AM</b>	<b>10:15 - 11AM</b>		<b>10 - 11AM</b>
	Aqualite w/ Cathie	Private Lesson	Aqualite w/ Jen	Private Lesson	AquaGroove w/ Meaghen	AquaGroove w/ Meaghen	Power Hour w/ Nicole
	<b>11 - 11:45AM</b>		<b>11 - 11:45AM</b>	<b>11:30 - 12:15PM</b>	<b>11 - 11:45AM</b>		
	Private Lesson		Private Lesson	Private Lesson	Private Lesson (2 available)	Private Lesson	
<b>AFTERNOON CLASSES</b>	<b>12 - 1PM</b>	<b>12:15 - 1PM</b>	<b>12 - 12:45PM</b>	<b>12:15 - 1PM</b>		<b>12 - 1PM</b>	
	YWCA Swim Combo Level 2/3	Aqua Rev-up w/ Dale	Private Lesson	Aqua X-press w/ Dale	Deep AquaGroove w/ Meaghen	YWCA Swim Level 1	YWCA Swim Level 1
		<b>1:30 - 2:15PM</b>	<b>1 - 1:45PM</b>		<b>1:15 - 2PM</b>	<b>1 - 1:45PM</b>	
		Private Lesson	Private Lesson		Private Lesson (Starting Sept 15)	Private Lesson	
			<b>2 - 2:45PM</b>		<b>2:15 - 3PM</b>	<b>2 - 2:45PM</b>	<b>2 - 2:45PM</b>
			Private Lesson		Private Lesson (Starting Sept 15)	Private Lesson (2 available)	Private Lesson
			<b>3 - 3:45PM</b>		<b>3 - 3:45PM</b>	<b>2:45 - 3:30PM</b>	<b>3 - 3:45PM</b>
			Private Lesson		Private Lesson	Private Lesson	Private Lesson
			<b>4 - 4:45PM</b>	<b>4 - 4:45PM</b>	<b>4:15 - 5PM</b>	Color codes: Group Aquatic Fitness Class Pool hours: Mon - Fri 5:45 am - 9:15 PM, Sat & Sun 8 am - 5:15 PM	
			Private Lesson	Private Lesson	Private Lesson (Starting Sept 15)		
<b>EVENING CLASSES</b>	<b>5 - 6PM</b>	<b>5:15 - 6PM</b>	<b>5 - 6PM</b>	<b>5:15 - 6PM</b>	<b>5 - 6PM</b>	Prior to class, please let your instructor know if you have any medical conditions which may affect your ability to exercise.	
	YWCA Swim Level 1	Private Lesson	YWCA Swim Level 1	Private Lesson	YWCA Swim Level 1		
	<b>6:30 - 7:30PM</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		

**AquaGroove** - Everyone welcome! Each class is choreographed to the beat of an exciting and innovative play list. 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.

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

- Group aquatic and land fitness classes are included with your membership.
- YWCA Swim programs are sessions of a set number of classes.
  - 6 classes: Member \$126 | Non-member \$177
  - 7 classes: Member \$147 | Non-member \$206.50
  - 8 classes: Member \$168 | Non-member \$236
- A private swimming lesson is 45 minutes.

Find your **ENERGY**

Find your **FITNESS**

Find your **BALANCE**

Find yourself **HERE**