

Studio Schedule | Jan 2 - April 28 2024

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING CLASSES		6:15 - 7:15AM	7:30 - 8AM	6:15 - 7:15AM	7:30 - 8AM		
		C Cycle60 w/ Jennie ●	1 Sculpt Express w/ Sandy ●	C Cycle60 w/ Reesa ●	1 Sculpt Express w/ Sandy ●		
	7:30 - 8:30AM		10:30 - 11:15AM	9AM, 9:45AM, 10:30AM, 11:15AM		9 - 10AM	
	2 Yoga Flow w/ Mahsa ●		2 Pilates Chair Workout \$ (shared space) ●	2 Shiatsu with Cameron \$ (shared space) ●		1 Qi Gong w/ Fran ●	
		10:30 - 11:15AM	11:30 - 12PM		10:30 - 11:15AM	10:30 - 11:30AM	
	2 Leslie Diamond Childcare (LDC)	2 Barre Lite w/ Johanna ●		2 LDC	1 Yoga Flow w/ Todd ●	1 Yoga Flow w/ Jenna ●	
AFTERNOON CLASSES	12:15 - 1PM					2 Be Fit Registered Program \$ ●	12 - 1PM
	1 Cardio & Strength w/ Hector ●	1 Muscle Sculpt w/ Josh ●	1 Zumba w/ Jennica ●	1 Total Body w/ Alesya ●	1 Strength w/ Hector ●		1 Zumba Toning w/ Alice ●
	2 Pilates Mat w/ Jen ●	2 Power Yoga w/ Lucy ●	2 Pilates Mat w/ Hector ●	2 Barre Fusion w/ Miriam ●	2 Yoga Flow w/ Johanna & Jen ●	3 - 4PM	
	C EDM Cycle w/ Jill M ●	C Ride w/ Kathy ●	C Cycle45 w/ Karey ●	C Cycle45 w/ Sandy ●	C Cycle45 w/ Jennie ●	2 Gentle Yoga w/ Judy ●	
	1:15 - 2PM					Book your classes on our YWCA Health + Fitness mobile app!	
	1 Zumba w/ Kane ●	2 Pilates Mat w/ Vivian ●	1 Total Body w/ Melissa ●	2 Yoga Flow w/ Jill M ●	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/ Megha ●		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.	
	4:15 - 5PM			4:15 - 5PM			
	1 Muscle Sculpt w/ Alex ●			2 Roll & Stretch w/ Johanna ●			
EVENING CLASSES	5:15 - 6:15PM						
	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 ●			
	6:30 - 7:30PM						
1 Zumba w/ Maybelin ●	1 HIIT w/ Sam ●	1 Zumba Toning w/ Alice (till 7:15pm) ●	1 HIIT w/ Jenna ●	1 Karate w/ Hamid (till 8pm) ●	Color codes: Strength/Cardio ● Conditioning Class ● Pilates/Yoga/Stretch Class ● Dance Exercise Class ●	Class locations: Studio 1 1 Studio 2 2 Cycle Studio C	
	2 Karate w/ Hamid (till 8pm) ●	2 Yoga Flow w/ Sarah ●	2 Power Yoga w/ Geet ●			\$ - Fees apply	

<p>STRENGTH/CARDIO/CONDITIONING CLASSES</p>	<p>Sculpt Express - Build and maintain muscle in this express full body resistance training workout. Suitable for all levels.</p>	<p>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.</p>
<p>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.</p>	<p>Step - Burn calories and have fun at this workout that is choreographed to pop favourites. Options for everyone from beginners to advanced steppers.</p>	<p>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.</p>
<p>Barre Light - Lighten up with less props and more plies in this express barre fusion class. Choose your intensity and focus on form with micro movements set to the beat of the music.</p>	<p>Strength - 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>Roll & Stretch - Relax and rejuvenate with self-myofascial release work and stretching techniques to help you move with more energy and ease.</p>
<p>Cardio & Strength - Improve your cardio and build more strength with this challenging, motivating rep-tempo workout. Intensity options offered for every exercise.</p>	<p>Total Body - 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>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.</p>
<p>Cycle & Tone - 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>PILATES/YOGA/STRETCH CLASSES</p>	<p>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.</p>
<p>Cycle45 and Cycle60 - Cycle classes are a great cardio workout for everyone. Maximize YOUR caloric expenditure while utilizing the power of your internal motivation.</p>	<p>Core & Stretch - Build your core with creative exercises that challenge your strength and stability. Relax your spine and hips with some great yoga stretches.</p>	<p>DANCE EXERCISE CLASSES</p>
<p>EDM Cycle - 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>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.</p>	<p>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.</p>
<p>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.</p>	<p>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.</p>	<p>Zumba - 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>Karate - Experience cardiovascular training, strength training, Kihon (basic techniques), Kata (forms) and Kumite (sparring). Gi's (Karate uniforms) are optional. Everyone welcome.</p>	<p>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.</p>	<p>Zumba Toning - Zumba Toning combines body-sculpting exercises and high-energy cardio work infused with Zumba moves to create a strength-training fitness party.</p>
<p>Muscle Sculpt - Strengthen the entire body in a multi-level fitness environment. This class offers a variety of formats to keep your workouts fun and fresh. Format may include partner work and/or group stations.</p>	<p>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.</p>	
<p>Ride - 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>Power Yoga - Power yoga is focused on building strength, increasing heart rates, improving flexibility and encouraging a more active lifestyle. Modifications offered and encouraged.</p>	

Aquatic Schedule | Jan 2 - April 28 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING CLASSES	6:30 - 7:30AM	6:30 - 7:15AM	6:30 - 7:30AM	7:15 - 8AM	6:30 - 7:30AM	2 OR MORE SWIM LANES ARE AVAILABLE ALL DAY, EVERY DAY OF THE WEEK!	
	YWCA Swim Level 3	Aqua Rise w/ Jean	YWCA Swim Level 3	Private Lesson	YWCA Swim Level 3		
	9:15 - 10AM	7:30 - 8:15AM			7:45 - 8:45AM		
	Private Lesson	Private Lesson			YWCA Swim Combo Level 2/3		
	10:15 - 11AM	9:15 - 10AM	10:15 - 11AM	9:45 - 10:30AM	10:15 - 11AM		10 - 11AM
	Aqualite w/ Cathie	Private Lesson	Aqualite w/ Jen	Private Lesson	AquaGroove w/ Meaghen	AquaGroove w/ Meaghen	Power Hour w/ Nicole
	11 - 11:45AM			11 - 11:45AM	11:15 - 12PM	11 - 11:45AM	
	Private Lesson			Private Lesson	Private Lesson	Private Lesson	Private Lesson
AFTERNOON CLASSES	12 - 1PM	12:15 - 1PM		12:15 - 1PM		12 - 1PM	
	YWCA Swim Combo Level 2/3	Aqua Rev-up w/ Dale		Aqua X-press w/ Dale	Deep AquaGroove w/ Meaghen	YWCA Swim Level 1	YWCA Swim Level 1
		1:30 - 2:15PM				2 - 2:45PM	
	Private Lesson					Private Lesson (2 available)	Private Lesson
					3 - 3:45PM	2:45 - 3:30PM	3 - 3:45PM
					Private Lesson	Private Lesson	Private Lesson
						3 - 3:45PM	
						Private Lesson	
				4 - 4:45PM		Book your lessons, programs, and classes on our YWCA Health + Fitness mobile app!	
				Private Lesson	Private Lesson		
EVENING CLASSES	5 - 6PM	5:15 - 6PM	5 - 6PM	5:15 - 6PM	5 - 6PM	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.	
	YWCA Swim Level 1	Private Lesson	YWCA Swim Level 1	Private Lesson	YWCA Swim Level 1		
	6:30 - 7:30PM						
	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.
 - 7 classes: Member \$210 | Non-member \$269.50
 - 8 classes: Member \$240 | Non-member \$308
 - 9 classes: Member \$270 | Non-member \$346.50
- Private swim lessons:
 - Single Private 45-Minute Session
 - Member \$60/Non-member \$68.50

Find your **ENERGY**

Find your **FITNESS**

Find your **BALANCE**

Find yourself **HERE**