

# Studio Schedule | May 1 - Sept 1 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
<b>MORNING CLASSES</b>		<b>6:15 - 7:15AM</b> C Cycle60 w/ Jennie ●	<b>6:30 - 8AM</b> C Endurance Ride w/ Jennie ●	<b>6:15 - 7:15AM</b> C Cycle60 w/ Reesa ●		<b>Book classes on your YWCA Health + Fitness mobile app!</b>			
			<b>7:30 - 8AM</b> 1 Sculpt Express w/ Sandy ●		<b>7:30 - 8AM</b> 1 Sculpt Express w/ Sandy ●				
	<b>9:15 - 11:45AM</b>							<b>9 - 10AM</b>	
	1 Pickleball \$ (shared space) ●	1 Pickleball \$ (shared space) ●	1 Pickleball \$ (shared space) ●	1 Pickleball \$ (shared space) ●	1 Pickleball \$ (shared space) ●			1 Qi Gong w/ Fran ●	1 Step & Strength w/ Annie ●
			<b>9 - 11:15AM</b> 2 Shiatsu w/ Cameron \$ (shared space) ●						
		<b>10:30 - 11:15AM</b> 2 Leslie Diamond Childcare (LDC)	2 Pilates Chair Workout w/ Fran \$ (shared space) ●		<b>10:30 - 11:15AM</b> 2 LDC	<b>10:30 - 11:30AM</b> 1 Yoga Flow w/ Todd ●	1 Yoga Flow w/ Jenna ●		
<b>AFTERNOON CLASSES</b>	<b>12:15 - 1PM</b>						<b>12:15 - 1PM</b> 2 Pilates Mat w/ Vivian ●		
	1 Cardio & Strength w/ Hector ●	1 Muscle Sculpt w/ Josh ●	1 Cardio & Strength w/ Cathie ●	1 Total Body w/ Alesya ●	1 Strength w/ Hector ●				
	2 Pilates Mat w/ Jen ●	2 Hatha Yoga w/ Megha ●	2 Pilates Mat w/ Hector ●	2 Barre Fusion w/ Miriam ●	2 Yoga Flow w/ Johanna & Jen ●				
	C EDM Cycle w/ Jill M ●	C Ride w/ Kathy ●	C Cycle45 w/ Alex ●	C Cycle45 w/ Sandy ●	C Cycle45 w/ Jennie ●				
	<b>1:15 - 2PM</b>					<b>1:15 - 5:15PM</b>			
	1 Zumba w/ Kane ●	2 Barre & Stretch w/ Johanna ●	1 Total Body w/ Melissa ●	2 Yoga Flow w/ Jill M ●	1 Step w/ Annie ●	1 Pickleball \$ (shared space) ●	1 Pickleball \$ (shared space) ●		
		<b>2:15 - 3:45PM</b> 1 Pickleball \$ (shared space) ●	2 Restorative Stretch w/ Jody ●	<b>2:15 - 3:45PM</b> 1 Pickleball \$ (shared space) ●		<b>3 - 4PM</b> 2 Hatha Yoga w/ Judy ● 2 Power Yoga w/ Lucy ●			
		<b>4:15 - 5PM</b> 1 Muscle Sculpt w/ Alex ●			<b>4:15 - 5PM</b> 2 Roll & Stretch w/ Johanna ●	Studio rules and etiquette are posted in each studio and on our website.  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>5:15 - 6:15PM</b>								
	1 HIIT w/ Sandy ●	1 Core & Stretch w/ Chris ●	1 HIIT w/ Josh ●	1 DanceFit w/ Johanna ●	1 Zumba Toning w/ Maybelin ●				
2 Yin & Yang Yoga w/ Jillian ●	2 DanceFit w/ Johanna ●	2 Pilates Fusion w/ Johanna ●	2 Core & Stretch w/ Chris ●	2 Hatha Yoga w/ Kassie ●					
C Cycle & Tone w/ Alex ●	C Cycle & Tone w/ Jill M ●	C Cycle60 w/ Jeff ●	C Ride w/ Kathy ●						
	<b>6:30 - 7:30PM</b>								
1 Zumba w/ Maybelin ●	1 HIIT w/ Sam ●		1 HIIT w/ Jenna ●	1 Karate w/ Hamid (till 8pm) ●					
	2 Karate w/ Hamid (till 8pm) ●		2 Power Yoga w/ Geet ●						
					Color codes: Strength/Cardio ● Conditioning Class ● Pilates/Yoga/Stretch Class ● Dance Exercise Class ●	Class locations: Studio 1 ● Studio 2 ● Cycle Studio ● \$ - Fees apply			

STRENGTH/CARDIO/CONDITIONING CLASSES		
<b>Barre Fusion</b> - A high intensity, low impact, total body choreographed workout using a buffet of props and micro movements set to the beat of the music.	<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.	<b>Power Yoga</b> - Power yoga is focused on building strength and endurance, while improving flexibility. Modifications offered and encouraged.
<b>Barre &amp; Stretch</b> - Plie and relevé in this full body class with micro movements set to the beat of the music. Choose your intensity and focus on form with less props and extra stretching.	<b>Sculpt Express</b> - Build and maintain muscle in this express full body resistance training workout. Suitable for all levels.	<b>Qi Gong</b> - An ancient practice for less stress and more energy. Build strength, flexibility, and resilience to stimulate health and vitality.
<b>Cardio &amp; Strength</b> - Improve your cardio and build strength with this challenging, motivating music-based workout. Intensity options offered for every exercise.	<b>Strength</b> - This full body workout utilizes a mix of equipment for a challenging, motivating music based class. Intensity options offered for every exercise.	<b>Restorative Stretch</b> - Stretch and target your major muscle groups to help balance joint and soft tissue flexibility. Options offered in a restorative environment.
<b>Cycle &amp; Tone</b> - A challenging and uplifting mix of cardio and strength. 45 min of cardio on the bike, followed by 10 minutes of strength exercises.	<b>Step</b> - This workout is choreographed to pop favourites and will motivate you to groove out!	<b>Roll &amp; Stretch</b> - Relax and rejuvenate with self-myofascial release work and stretching techniques to help you move with more energy and ease.
<b>Cycle45 and Cycle60</b> - Cycle classes are a great cardio workout. Maximize YOUR caloric expenditure while utilizing the power of your internal motivation.	<b>Step &amp; Strength</b> - A cardio step workout choreographed to pop favorites, combined with upper body strength training. Options for everyone!	<b>Yin &amp; Yang Yoga</b> - Two styles of yoga blended into one practice - bringing together the benefits of more dynamic sequences and standing postures with passively holding yoga poses.
<b>EDM Cycle</b> - A great cardio workout with your favorite electronic dance music hits! Each song will be a drill set to the beat of the music.	<b>Total Body</b> - This low impact class works all major muscles (including the heart), finishing with 10+ minutes of Pilates-based core work.	<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.
	PILATES/YOGA/STRETCH CLASSES	DANCE EXERCISE CLASSES
<b>HIIT</b> - This is a high intensity interval training class. Get ready to sweat and build strength. 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. Relax your spine and hips with gentle to advanced stretching options.	<b>DanceFit</b> - A mood-boosting 360* dance fitness class with easy-to-follow choreography to help improve your cardio, core and coordination.
<b>Karate</b> - Experience cardiovascular training, strength training, Kihon (basic techniques), Ka-ta (forms) and Kumite (sparring). Gi's (Karate uniforms) are optional. Everyone welcome.	<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.	<b>Zumba</b> - A fusion of Latin dance styles, high-energy Zumba moves and pop music choreography for a dance-exercise fitness party.
<b>Muscle Sculpt</b> - This multi-level fitness class offers a variety of formats to keep your workouts fresh. Format may include partner work and group stations.	<b>Pilates Fusion</b> - Lengthen and strengthen with a mix of Pilates, barre and yoga. An all-levels moderate intensity mat class with balance challenges and extra stretching.	<b>Zumba Toning</b> - Body-sculpting exercises and high-energy Zumba moves create this strength- training fitness party.
<b>Pickleball</b> - A racquet sport that combines many elements of tennis, badminton, and ping pong. Court must be booked in advance to play.	<b>Pilates Mat</b> - This class teaches classical Pilates mat exercises with progressive options for all levels. Ideal for those new to fitness, in prehab/rehab, and focused on form.	
<b>Pilates Chair Workout</b> - Enhance stability and improve body control on this multifunctional Pilates machine. 3 spots per class.		

# Aquatic Schedule | May 1 - Sept 1 2024

	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>	<b>2 OR MORE SWIM LANES ARE AVAILABLE ALL DAY, EVERY DAY OF THE WEEK!</b>	
	YWCA Swim Level 3	Aqua Rise w/ Jean	YWCA Masters <b>NEW!</b>	Private Lesson	YWCA Masters <b>NEW!</b>		
	<b>9:15 - 10AM</b>	<b>7:30 - 8:15AM</b>			<b>7:45 - 8:45AM</b>		
	Private Lesson	Private Lesson			YWCA Swim Combo Level 2/3		
	<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>11:15 - 12PM</b>	<b>11 - 11:45AM</b>		
	Private Lesson		Private Lesson	Private Lesson	Private Lesson	Private Lesson	
<b>AFTERNOON CLASSES</b>	<b>12 - 1PM</b>	<b>12:15 - 1PM</b>		<b>12:15 - 1PM</b>		<b>12 - 1PM</b>	
	YWCA Swim Combo Level 2/3	Aqua Pilates w/ Alesya <b>NEW!</b>		Aqua X-press w/ Dale	Deep AquaGroove w/ Meaghen	YWCA Swim Level 1	YWCA Swim Level 1
		<b>1:30 - 2:15PM</b>				<b>2 - 2:45PM</b>	
	Private Lesson					Private Lesson	Private Lesson
						<b>2 - 3PM</b>	
						YWCA Masters <b>NEW!</b>	
					<b>3 - 3:45PM</b>	<b>3 - 3:45PM</b>	
					Private Lesson	Private Lesson	Private Lesson
			<b>4 - 4:45PM</b>		<b>Book lessons, programs, and classes on your YWCA Health + Fitness mobile app!</b>		
			Private Lesson	Private Lesson	<b>Color code: Included with membership</b>		
<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>	Fees apply for YWCA Swim programs, YWCA Masters, private lessons, and Aqua Pilates.  <b>Pool hours:</b> 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		
	<b>6:30 - 7:30PM</b>						
	YWCA Swim Level 2	YWCA Swim Combo Level 2/3	YWCA Swim Level 2	YWCA Swim Level 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.

**Aqua Pilates** - A type of aquatic suspension training activates the core, builds strength and mobility without joint load, increases performance, and improves balance recovery. An advanced strength workout done on a diagonal line with front, side and reverse planks.

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

### Aqua Pilates:

Member \$5/class | Non-member \$13.50/class

### Level 1, 2, 2/3 and 3 (sessions are a set number of classes):

6 classes: Member \$138 | Non-member \$189  
7 classes: Member \$161 | Non-member \$220.50  
8 classes: Member \$184 | Non-member \$252

### Masters (sessions are a set number of classes):

8 classes: Member \$158 | Non-member \$226  
1 Drop in class: Member \$24.75 | Non-member \$33.25

### Private Swim Lesson:

Single Private 45-Minute Session  
Member \$60/Non-member \$68.50

Find your **ENERGY**  
Find your **FITNESS**  
Find your **BALANCE**

Find yourself **HERE**