

Studio Schedule | May 1 - Sept 1 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
MORNING CLASSES		6:15 - 7:15AM C Cycle60 w/ Jennie ●	6:30 - 8AM C Endurance Ride w/ Jennie ●	6:15 - 7:15AM C Cycle60 w/ Reesa ●		Book classes on your YWCA Health + Fitness mobile app!			
			7:30 - 8AM 1 Sculpt Express w/ Sandy ●		7:30 - 8AM 1 Sculpt Express w/ Sandy ●				
	9:15 - 11:45AM							9 - 10AM	
	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 ●	
				9 - 11:15AM 2 Shiatsu w/ Cameron \$ (shared space) ●					
	10:30 - 11:15AM 2 Leslie Diamond Childcare (LDC)	10:30 - 11:15AM 2 Pilates Chair Workout w/ Fran \$ (shared space) ●		10:30 - 11:15AM 2 LDC	10:30 - 11:30AM 1 Yoga Flow w/ Todd ●	10:30 - 11:30AM 1 Yoga Flow w/ Jenna ●			
AFTERNOON CLASSES	12:15 - 1PM						12:15 - 1PM 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 ●				
	1:15 - 2PM					1:15 - 5:15PM			
	1 Zumba w/ Kane ●	2 Barre & Stretch w/ Johanna ●	1 Total Body w/ Melissa ●	2 Yoga Flow w/ Jill M ●		1 Pickleball \$ (shared space) ●	1 Pickleball \$ (shared space) ●		
		2:15 - 3:45PM 1 Pickleball \$ (shared space) ●	2 Restorative Stretch w/ Jody ●	2:15 - 3:45PM 1 Pickleball \$ (shared space) ●		3 - 4PM 2 Hatha Yoga w/ Judy ● 2 Power Yoga w/ Lucy ●			
		4:15 - 5PM 1 Muscle Sculpt w/ Alex ●			4:15 - 5PM 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.			
	5:15 - 6:15PM								
	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 ●						
	6:30 - 7:30PM					Color codes: Strength/Cardio ● Conditioning Class ● Pilates/Yoga/Stretch Class ● Dance Exercise Class ●	Class locations: Studio 1 ● Studio 2 ● Cycle Studio ● \$ - Fees apply		
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 ●						

<p>STRENGTH/CARDIO/CONDITIONING CLASSES</p>	<p>Pilates Chair Workout - Enhance stability and improve body control on this multifunctional Pilates machine. 3 spots per class.</p>	<p>Restorative Stretch - Stretch and target your major muscle groups to help balance joint and soft tissue flexibility. Options offered in a restorative environment.</p>
<p>Barre Fusion - A high intensity, low impact, total body choreographed workout using a buffet of props and micro movements set to the beat of the music.</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>Roll & Stretch - Relax and rejuvenate with self-myofascial release work and stretching techniques to help you move with more energy and ease.</p>
<p>Barre & Stretch - 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.</p>	<p>Sculpt Express - Build and maintain muscle in this express full body resistance training workout. Suitable for all levels.</p>	<p>Shiatsu - A 2,000 year old Japanese massage technique that combines gentle traction and finger point acupressure to help the body find balance.</p>
<p>Cardio & Strength - Improve your cardio and build strength with this challenging, motivating music-based workout. Intensity options offered for every exercise.</p>	<p>Strength - This full body workout utilizes a mix of equipment for a challenging, motivating music based class. Intensity options offered for every exercise.</p>	<p>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.</p>
<p>Cycle & Tone - A challenging and uplifting mix of cardio and strength. 45 min of cardio on the bike, followed by 10 minutes of strength exercises.</p>	<p>Total Body - This low impact class works all major muscles (including the heart), finishing with 10+ minutes of Pilates-based core work.</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. Maximize YOUR caloric expenditure while utilizing the power of your internal motivation.</p>	<p>PILATES/YOGA/STRETCH CLASSES</p>	<p>DANCE EXERCISE CLASSES</p>
<p>EDM Cycle - A great cardio workout with your favorite electronic dance music hits! Each song will be a drill set to the beat of the music.</p>	<p>Core & Stretch - Build your core with creative exercises that challenge your strength and stability. Relax your spine and hips with gentle to advanced stretching options.</p>	<p>DanceFit - A mood-boosting 360* dance fitness class with easy-to-follow choreography to help improve your cardio, core and coordination.</p>
<p>Endurance Ride - Ride for 90 minutes through hills and flat roads at a comfortably high cadence pace. Be sure to hydrate and fuel previous to class, bring plenty of water, and get an amazing cardio 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 Latin dance styles, high-energy Zumba moves and pop music choreography for a dance-exercise fitness party.</p>
<p>HIIT - 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.</p>	<p>Pilates Fusion - Lengthen and strengthen with a mix of Pilates, barre and yoga. An all-levels moderate intensity mat class with balance challenges and extra stretching.</p>	<p>Zumba Toning - Body-sculpting exercises and high-energy Zumba moves create this strength- training fitness party.</p>
<p>Karate - Experience cardiovascular training, strength training, Kihon (basic techniques), Ka-ta (forms) and Kumite (sparring). Gi's (Karate uniforms) are optional. Everyone welcome.</p>	<p>Pilates Mat - 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.</p>	
<p>Muscle Sculpt - This multi-level fitness class offers a variety of formats to keep your workouts fresh. Format may include partner work and group stations.</p>	<p>Power Yoga - Power yoga is focused on building strength and endurance, while improving flexibility. Modifications offered and encouraged.</p>	
<p>Pickleball - A racquet sport that combines many elements of tennis, badminton, and ping pong. Court must be booked in advance to play.</p>	<p>Qi Gong - An ancient practice for less stress and more energy. Build strength, flexibility, and resilience to stimulate health and vitality.</p>	

Aquatic Schedule | May 1 - Sept 1 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 Masters NEW!	Private Lesson	YWCA Masters NEW!		
	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 Pilates w/ Alesya NEW!		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	Private Lesson
						2 - 3PM	
						YWCA Masters NEW!	
					3 - 3:45PM	3 - 3:45PM	
				4 - 4:45PM	Private Lesson	Private Lesson	Private Lesson
EVENING CLASSES	5 - 6PM	5:15 - 6PM	5 - 6PM	5:15 - 6PM	5 - 6PM	Book lessons, programs, and classes on your YWCA Health + Fitness mobile app! Color code: Included with membership Fees apply for YWCA Swim programs, YWCA Masters, private lessons, and Aqua Pilates. 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 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 \$5 + Facility Drop-in Fee/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