

# 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>							
	1 Pickleball \$ (shared space) ●	1 Pickleball \$ (shared space) ●	1 Pickleball \$ (shared space) ●	1 Pickleball \$ (shared space) ●	1 Pickleball \$ (shared space) ●			1 Cardio Bootcamp w/ Jen ●
	<b>10:30 - 11:15AM</b> 2 Leslie Diamond Childcare (LDC)			<b>9 - 12PM</b> 2 Shiatsu w/ Cameron \$ (shared space) ●	<b>10:30 - 11:15AM</b> 2 LDC	<b>10:30 - 11:30AM</b> 1 Yoga Flow w/ Todd ●		
<b>AFTERNOON CLASSES</b>	<b>12:15 - 1PM</b>							
	1 Cardio & Strength w/ Hector ●	1 Muscle Sculpt w/ Josh ●	1 Cardio & Strength w/ Alex ●	1 Total Body w/ Alesya ●	1 Strength w/ Hector ●		<b>12:15 - 1PM</b> 2 Pilates Mat w/ Vivian ●	
	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 Cycle45 w/ Jeff ●	C Ride w/ Kathy ●			C Cycle45 w/ Jennie ●			
	<b>1:15 - 2PM</b>						<b>1:15 - 5:15PM</b>	
	1 Zumba w/ Kane ●	2 Barre & Stretch w/ Johanna ● <b>2:15 - 3:45PM</b> 1 Pickleball \$ (shared space) ●	2 Restorative Stretch w/ Jody ●	2 Yoga Flow w/ Jill M ● <b>2:15 - 3:45PM</b> 1 Pickleball \$ (shared space) ●	1 Step w/ Annie ●	1 Pickleball \$ (shared space) ●	1 Pickleball \$ (shared space) ●	
<b>EVENING CLASSES</b>	<b>5:15 - 6:15PM</b>						<p>Studio rules and etiquette are posted in each studio and on our website.</p> <p>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.</p>	
	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/ Sasha ●	C Ride w/ Kathy ●				
	<b>6:30 - 7:30PM</b>							
1 Zumba w/ Maybelin ●	1 HIIT w/ Sam ● 2 Karate w/ Hamid (till 8pm) ●		1 HIIT w/ Jenna ● 2 Power Yoga w/ Geet ●	1 Karate w/ Hamid (till 8pm) ●				
						<p>Color codes:</p> <ul style="list-style-type: none"> <li>Strength   Cardio ●</li> <li>Pilates   Yoga   Stretch ●</li> <li>Dance Exercise ●</li> <li>Martial Arts ●</li> <li>Cycle ●</li> </ul>	<p>Class locations:</p> <ul style="list-style-type: none"> <li>Studio 1 1</li> <li>Studio 2 2</li> <li>Cycle Studio C</li> </ul> <p>\$ - Fees apply</p>	

STRENGTH   CARDIO	PILATES   YOGA   STRETCH	CYCLE
<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>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>Cycle45 and Cycle60</b> - Cycle classes are a great cardio workout. Maximize YOUR caloric expenditure while utilizing the power of your internal motivation.
<b>Cardio Bootcamp</b> - A high-intensity cardio workout with strength intervals. Be prepared to work and sweat! Options offered and everyone welcome to attend and participate at their preferred pace.	<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>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>Cardio &amp; Strength</b> - Improve your cardio and build strength with this challenging, motivating music-based workout. Intensity options offered for every exercise.	<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>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>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>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>Endurance Ride</b> - 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!
<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 Mat</b> - This class teaches classical Pilates mat exercises with progressive options for all levels.	<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>Pickleball</b> - A racquet sport that combines many elements of tennis, badminton, and ping pong. Court must be booked in advance to play.	<b>Power Yoga</b> - Power yoga is focused on building strength and endurance, while improving flexibility. Modifications offered and encouraged.	<b>DANCE EXERCISE</b>
<b>Sculpt Express</b> - Build and maintain muscle in this express full body resistance training workout. Suitable for all levels.	<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>DanceFit</b> - A mood-boosting 360* dance fitness class with easy-to-follow choreography to help improve your cardio, core and coordination.
<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.	<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>Zumba</b> - A fusion of Latin dance styles, high-energy Zumba moves and pop music choreography for a dance-exercise fitness party.
<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>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.	<b>Zumba Toning</b> - Body-sculpting exercises and high-energy Zumba moves create this strength- training fitness party.
<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>MARTIAL ARTS</b>	
	<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>Shiatsu</b> - A 2,000 year old Japanese massage technique that combines gentle traction and finger point acupressure to help the body find balance.

# 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 - 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 \$5 + Facility Drop-in Fee/class

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

6 classes: Member \$180 | Non-member \$231

7 classes: Member \$210 | Non-member \$269.50

8 classes: Member \$240 | Non-member \$308

### **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**