

# Studio Schedule | Sept 3 - Dec 22 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
<b>MORNING CLASSES</b>		<b>6:15 - 7:15AM</b> C Cycle60 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>8:30 - 10AM</b>	
	1 Pickleball \$ (shared space) ●	1 Pickleball \$ (shared space) ●	1 Pickleball \$ (shared space) ●	1 Pickleball \$ (shared space) ●	1 Pickleball \$ (shared space) ●			1 Pickleball \$ (shared space) ●	C Endurance Ride w/ Jennie ●
				<b>9 - 12PM</b> 2 Shiatsu w/ Cameron \$ (shared space) ●					<b>9 - 10AM</b> 1 Zumba Toning w/ Alice ●
	<b>10:30 - 11:15AM</b> 2 Leslie Diamond Childcare (LDC)				<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 - 1PM</b>		
	1 Cardio & Strength w/ Hector ●	1 Muscle Sculpt w/ Josh ●	1 DanceFit w/ Johanna ●	1 Total Body w/ Alesya ●	1 Strength w/ Hector ●	1 Be Fit w/ Alesya \$ ●			
	2 Pilates Mat w/ Jen ●	2 Pranayama 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/ 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/ Alex & Melissa ●	2 Yoga Flow w/ Jill M ●	1 Step w/ Annie ●	1 Pickleball \$ (shared space) ●	1 Pickleball \$ (shared space) ●		
	2 Yoga Flow w/ Sat ●	<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>4:15 - 5PM</b> 2 Roll & Stretch w/ Johanna ●	<b>3 - 4PM</b> 2 Hatha Yoga w/ Judy ●		2 Tai Chi w/ Stuart ● (October only)	
<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 DanceFit w/ Johanna ●	1 HIIT w/ Josh ●	1 Core & Stretch w/ Chris ●	1 Zumba w/ Maybelin ●				
	2 Yin & Yang Yoga w/ Geet ●	2 Core & Stretch w/ Chris ●	2 Pilates Fusion w/ Johanna ●	2 Zumba Toning w/ Alice ●	2 Restorative Yoga Nidra w/ Hiiro ●				
	C Cycle & Tone w/ Alex ●	C Cycle60 w/ Sasha ●	C Cycle60 w/ Jeff ●	C Ride w/ Kathy ●					
	<b>6:30 - 7:30PM</b>								
1 Zumba Toning w/ Maybelin ●	1 Karate w/ Hamid (till 8pm) ●	1 Circuit w/ Sam ●	1 HIIT w/ Jenna ●	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>				
	2 Hatha Yoga w/ Yankei ●	2 Yoga Flow w/ Marco ●	2 Power Yoga w/ Jillian ●						
			<b>7 - 8:15PM</b> C Private Booking ●						

STRENGTH   CARDIO	PILATES   STRETCH	CYCLE
<b>Barre Fusion</b> - A high intensity choreographed workout using a buffet of props and micro movements set to music.	<b>Barre &amp; Stretch</b> - Plie, relevé and stretch in this full body class with micro movements set to music.	<b>Cycle45 and Cycle60</b> - Maximize your calorie burn and utilize the power of your internal motivation.
<b>Cardio &amp; Strength</b> - Improve your cardio and build strength with this challenging music-based workout.	<b>Core &amp; Stretch</b> - Build your core with creative exercises that challenge your strength and stability.	<b>Cycle &amp; Tone</b> - A challenging mix of 45 min of cardio on the bike followed by 10 minutes of band exercises.
<b>Circuit</b> - Build strength and target all muscle groups by working in group stations with various equipment.	<b>Pilates Fusion</b> - Lengthen and strengthen with a mix of Pilates, barre, balance challenges and stretching.	<b>EDM Cycle</b> - A cycle cardio class with each song a drill set to the beat of your favourite electronic dance hits.
<b>HIIT</b> - Work hard and build strength in this multi-format high intensity interval training class.	<b>Pilates Mat</b> - Classical Pilates mat exercises to elongate your muscles and strengthen your deep core muscles.	<b>Endurance Ride</b> - Ride for 90 minutes through hills and flat roads at a comfortably high cadence pace.
<b>Muscle Sculpt</b> - This class offers a variety of formats to keep your workouts fresh. Format may include group stations.	<b>Roll &amp; Stretch</b> - Myofascial release work and stretching to help you move with more energy and ease.	<b>Ride</b> - Improve your cardio and riding ability in this HIIT cycle class taught from a cyclist perspective.
<b>Sculpt Express</b> - Build and maintain muscle in this express full body resistance training workout.	<b>Restorative Stretch</b> - Stretches to help balance joint and soft tissue flexibility.	<b>DANCE EXERCISE</b>
<b>Step</b> - A cardio step workout choreographed to pop favourites and featuring a peak routine.	<b>YOGA</b>	
<b>Step &amp; Strength</b> - A choreographed cardio step workout with sculpting exercises and upper torso strength training.		<b>Hatha Yoga</b> - Breathe deep and practice slowly, with poses held with an emphasis on alignment.
<b>Strength</b> - This full body workout utilizes a mix of equipment for a challenging music based class.	<b>Power Yoga</b> - Build strength and endurance, improve flexibility and focus on form.	<b>Zumba</b> - A fusion of Latin dance styles, move and groove to pop music choreography for a fitness party.
<b>Total Body</b> - This high-energy low impact class works all major muscles and finishes with 10+ minutes of abs.	<b>Pranayama Yoga</b> - Practice hatha yoga and breathing exercises to help calm the nervous system.	<b>FEES APPLY \$</b>
<b>MARTIAL ARTS</b>	<b>Restorative Yoga Nidra</b> - Use props and stretching to encourage relaxation followed by a nidra meditation.	
	<b>Yin &amp; Yang Yoga</b> - Feel the benefits of dynamic sequences and holding passive poses.	<b>Be Fit</b> - 6-week challenging sequence of 3 intervals - cardio, muscle conditioning, and core training.
<b>Karate</b> - Cardio, strength, Kihon (basic techniques), Ka-ta (forms) and Kumite (sparring). Gi's (uniforms) optional.	<b>Yoga Flow</b> - Connect your breath with your movement in a flowing sequence.	<b>Pickleball</b> - A racquet sport that combines elements of tennis, badminton, and ping pong. Book to play.
<b>Tai Chi</b> - Practice natural stances and steady, open movements. Learn the building blocks for expanded study.		<b>Shiatsu</b> - 1 on 1 Japanese massage that combines gentle traction and acupressure to help find balance.

**All classes are multi-level with variations and modifications offered. Everyone welcome!**

# Aquatic Schedule | Sept 3 - Dec 22 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	Private Lesson	YWCA Masters		
	<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>9:45 - 10:30AM</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		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	Private Lesson	Private Lesson	Private Lesson (2 lessons available)
						<b>2:45 - 3:30PM</b>	
						Private Lesson	
				<b>3 - 3:45PM</b>	<b>3 - 3:45PM</b>		
				<b>4 - 4:45PM</b>			<b>Book lessons, programs, and classes on your YWCA Health + Fitness mobile app!</b>
	Private Lesson	Private Lesson					
<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>	<b>Color code: Included with membership</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  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