

Studio Schedule | Sept 3 - Dec 22 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
MORNING CLASSES		6:15 - 7:15AM C Cycle60 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							8:30 - 10AM	
	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 ●
				9 - 12PM 2 Shiatsu w/ Cameron \$ (shared space) ●					9 - 10AM 1 Zumba Toning w/ Alice ●
	10:30 - 11:15AM 2 Leslie Diamond Childcare (LDC)				10:30 - 11:15AM 2 LDC	10:30 - 11:30AM 1 Yoga Flow w/ Todd ●	1 Yoga Flow w/ Jenna ●		
AFTERNOON CLASSES	12:15 - 1PM						12 - 1PM		
	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 ●				
	1:15 - 2PM						1:15 - 5:15PM		
	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 ●	2:15 - 3:45PM 1 Pickleball \$ (shared space) ●	2 Restorative Stretch w/ Jody ●	2:15 - 3:45PM 1 Pickleball \$ (shared space) ●	4:15 - 5PM 2 Roll & Stretch w/ Johanna ●	3 - 4PM 2 Hatha Yoga w/ Judy ●	2 Tai Chi w/ Stuart ● (October only)		
EVENING CLASSES	5:15 - 6:15PM						<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 ●					
	6:30 - 7:30PM								
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) ●					
	2 Hatha Yoga w/ Yankei ●	2 Yoga Flow w/ Marco ●	2 Power Yoga w/ Jillian ●						
			7 - 8:15PM C Private Booking ●						
						<p>Color codes:</p> <ul style="list-style-type: none"> Strength Cardio ● Pilates Yoga Stretch ● Dance Exercise ● Martial Arts ● Cycle ● 	<p>Class locations:</p> <ul style="list-style-type: none"> Studio 1 1 Studio 2 2 Cycle Studio C <p>● - Fees apply</p>		

STRENGTH CARDIO	PILATES STRETCH	CYCLE
Barre Fusion - A high intensity choreographed workout using a buffet of props and micro movements set to music.	Barre & Stretch - Plie, relevé and stretch in this full body class with micro movements set to music.	Cycle45 and Cycle60 - Maximize your calorie burn and utilize the power of your internal motivation.
Cardio & Strength - Improve your cardio and build strength with this challenging music-based workout.	Core & Stretch - Build your core with creative exercises that challenge your strength and stability.	Cycle & Tone - A challenging mix of 45 min of cardio on the bike followed by 10 minutes of band exercises.
Circuit - Build strength and target all muscle groups by working in group stations with various equipment.	Pilates Fusion - Lengthen and strengthen with a mix of Pilates, barre, balance challenges and stretching.	EDM Cycle - A cycle cardio class with each song a drill set to the beat of your favourite electronic dance hits.
HIIT - Work hard and build strength in this multi-format high intensity interval training class.	Pilates Mat - Classical Pilates mat exercises to elongate your muscles and strengthen your deep core muscles.	Endurance Ride - Ride for 90 minutes through hills and flat roads at a comfortably high cadence pace.
Muscle Sculpt - This class offers a variety of formats to keep your workouts fresh. Format may include group stations.	Roll & Stretch - Myofascial release work and stretching to help you move with more energy and ease.	Ride - Improve your cardio and riding ability in this HIIT cycle class taught from a cyclist perspective.
Sculpt Express - Build and maintain muscle in this express full body resistance training workout.	Restorative Stretch - Stretches to help balance joint and soft tissue flexibility.	DANCE EXERCISE
Step - A cardio step workout choreographed to pop favourites and featuring a peak routine.	YOGA	DanceFit - A mood-boosting pop music dance fitness class for your cardio, core and coordination.
Step & Strength - A cardio step workout with sculpting exercises and upper torso strength training.	Hatha Yoga - Breathe deep and practice slowly, with poses held with an emphasis on alignment.	Zumba - A fusion of Latin dance styles, move and groove to pop music choreography for a fitness party.
Strength - This full body workout utilizes a mix of equipment for a challenging music based class.	Power Yoga - Build strength and endurance, improve flexibility and focus on form.	Zumba Toning - Sculpting exercises and high-energy moves create this strength-training fitness party.
Total Body - This high-energy low impact class works all major muscles and finishes with 10+ minutes of abs.	Pranayama Yoga - Practice hatha yoga and breathing exercises to help calm the nervous system.	FEES APPLY \$
MARTIAL ARTS	Restorative Yoga Nidra - Use props and stretching to encourage relaxation followed by a nidra meditation.	Be Fit - 6-week challenging sequence of 3 intervals - cardio, muscle conditioning, and core training.
Karate - Cardio, strength, Kihon (basic techniques), Ka-ta (forms) and Kumite (sparring). Gi's (uniforms) optional.	Yin & Yang Yoga - Feel the benefits of dynamic sequences and holding passive poses.	Pickleball - A racquet sport that combines elements of tennis, badminton, and ping pong. Book to play.
Tai Chi - Practice natural stances and steady, open movements. Learn the building blocks for expanded study.	Yoga Flow - Connect your breath with your movement in a flowing sequence.	Shiatsu - 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	
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	Private Lesson	YWCA Masters			
	9:15 - 10AM	7:30 - 8:15AM			7:45 - 8:45AM			
	Private Lesson	Private Lesson	YWCA Swim Combo Level 2/3					
	10:15 - 11AM	9:45 - 10:30AM	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		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	Private Lesson	Private Lesson	Private Lesson (2 lessons available)	
						2:45 - 3:30PM		
						Private Lesson		
				3 - 3:45PM	3 - 3:45PM			
				4 - 4:45PM	Private Lesson	Private Lesson	Book lessons, programs, and classes on your YWCA Health + Fitness mobile app!	
	Private Lesson							
5 - 6PM	5:15 - 6PM	5 - 6PM	5:15 - 6PM	5 - 6PM	Color code: Included with membership			
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	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								
Please let your instructor know if you have any medical conditions which may affect your ability to exercise.								

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**