



Studio Holiday Schedule | Dec 23 2024 - Jan 5 2025

MON, DEC 23	TUES, DEC 24	WED, DEC 25	THURS, DEC 26	FRI, DEC 27	SAT, DEC 28	SUN, DEC 29			
		FACILITY CLOSED			9 - 10AM	9 - 10AM			
	10-10:50 AM					1 Zumba Toning w/ Alice ●	1 Step & Strength w/ Annie ●		
	2 Leslie Diamond Childcare (LDC)					10:30 - 11:30AM	10:30-11:30 AM		
12:15 - 1PM					12:15 - 1PM	1 Yoga Flow w/ Hiiro ●	1 Yoga Flow w/ Jenna ●		
1 Cardio & Strength w/ Hector ● 2 Pilates Mat w/ Vivian ●	1 Muscle Sculpt w/ Alex ● 2 Yoga Flow w/ Jillian ●				1 Strength w/ Hector ● 2 Yoga Flow w/ Johanna ●	Book your classes on our YWCA Health + Fitness mobile app! 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.			
1:15 - 2PM					1:15 - 2PM			1 Step w/ Annie ●	
1 Zumba w/ Kane ● 2 Yoga Flow w/ Sat ●					5:15 - 6:15PM			2 Restorative Yoga Nidra w/ Hiiro ●	
5:15 - 6:15PM					6:30 - 8PM			1 Karate w/ Hamid ●	
2 Yin & Yang Yoga w/ Geet ● C Cycle & Tone w/ Alex ●									
MON, DEC 30	TUES, DEC 31		WED, JAN 1	THURS, JAN 2	FRI, JAN 3	SAT, JAN 4	SUN, JAN 5		
			FACILITY CLOSED			9 - 10AM	9 - 10AM		
						1 Zumba Toning w/ Alice ●	1 Step & Strength w/ Annie ●		
				10-10:50 AM		10:30 - 11:30AM	10:30-11:30 AM		
				2 LDC		1 Yoga Flow w/ Hiiro ●	1 Yoga Flow w/ Jenna ●		
12:15 - 1PM					12:15 - 1PM	Color codes: Strength Cardio ● Pilates Yoga Stretch ● Dance Exercise ● Martial Arts ● Cycle ●			
1 Cardio & Strength w/ Hector ● 2 Pilates Mat w/ Vivian ●	1 Muscle Sculpt w/ Josh ● 2 Yoga Flow w/ Jillian ●			1 Total Body w/ Alex ●	1 Strength w/ Hector ● 2 Yoga Flow w/ Johanna ●				
1:15 - 2PM					1:15 - 2PM			2 Yoga Flow w/ Johanna ●	1 Step w/ Annie ●
1 Zumba w/ Kane ● 2 Yoga Flow w/ Sat ●					5:15 - 6:15PM			2 Restorative Yoga Nidra w/ Hiiro ●	
5:15 - 6:15PM									
1 HIIT w/ Sandy ● 2 Yin & Yang Yoga w/ Geet ● C Cycle60 w/ Sasha ●				1 Core & Stretch w/ Chris ● 2 Zumba Toning w/ Alice ● C Cycle60 w/ Sasha ●	1 HIIT w/ Jenna ●			1 Karate w/ Hamid ●	
					6:30 - 7:30PM	6:30 - 8PM			
							Class locations: Studio 1 1 Studio 2 2 Cycle Studio C		

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 | Dec 23 2024 - Jan 5 2025

MON, DEC 23	TUES, DEC 24	WED, DEC 25	THURS, DEC 26	FRI, DEC 27	SAT, DEC 28	SUN, DEC 29	
		FACILITY CLOSED				10 - 11AM	
	7:30 - 8:15AM			7:45 - 8:30AM			Power Hour w/ Nicole
	Private Lesson			Private Lesson			11 - 11:45AM
9:15 - 10AM	9:15 - 10AM						2 - 2:45PM
Private Lesson	Private Lesson						Private Lesson
10:15 - 11AM					10:15-11 AM		
Aqualite w/ Cathie					AquaGroove w/ Meaghen	AquaGroove w/ Meaghen	
	11 - 11:45AM				11:15 - 12PM	11 - 11:45AM	3 - 3:45PM
12 - 12:45PM	Private Lesson				Private Lesson	Private Lesson	Private Lesson
Private Lesson					12:15-1 PM	12 - 12:45PM	<p>2 OR MORE SWIM LANES ARE AVAILABLE ALL DAY, EVERY DAY OF THE WEEK!</p> <p>Book your classes, programs, and lessons on our YWCA Health + Fitness mobile app!</p> <p>Color codes: Group Aquatic Fitness Class</p> <p>Group aquatic and land fitness classes are included with your membership.</p> <p>A private swimming lesson is 45 minutes, member \$60/Non-member \$68.50. Prior to class, please let your instructor know if you have any medical conditions which may affect your ability to exercise.</p>
					Deep AquaGroove w/ Meaghen	Private Lesson	
						2 - 2:45PM	
						Private Lesson (2 available)	
					3 - 3:45PM	2:45 - 3:30PM	
5 - 5:45PM				Private Lesson	Private Lesson		
Private Lesson					3 - 3:45PM		
6:30 - 7:15PM					Private Lesson		
Private Lesson				5 - 5:45PM			
				6:30 - 7:15PM			
Private Lesson				Private Lesson			

Aquatic Class Descriptions

AquaGroove - Everyone welcome! Each class is choreographed to the beat of an exciting and innovative playlist. 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.

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.



Aquatic Schedule | Dec 18 - Dec 31 2023

MON, DEC 30	TUES, DEC 31	WED, JAN 1	THURS, JAN 2	FRI, JAN 3	SAT, JAN 4	SUN, JAN 5	
		FACILITY CLOSED				10 - 11AM	
	7:30 - 8:15AM		7:15 - 8AM	7:45 - 8:30AM			Power Hour w/ Nicole
	Private Lesson		Private Lesson	Private Lesson			11 - 11:45AM
9:15 - 10AM	9:15 - 10AM		9:45 - 10:30AM				Private Lesson
Private Lesson	Private Lesson		Private Lesson				2 - 2:45PM
10:15 - 11AM					10:15-11 AM		Private Lesson
Aqualite w/ Cathie					Aqualite w/ TBD		
	11 - 11:45AM			11 - 11:45AM	11:15 - 12PM	11 - 11:45AM	3 - 3:45PM
12 - 12:45PM	Private Lesson			Private Lesson	Private Lesson	Private Lesson	Private Lesson
Private Lesson				12:15-1 PM		12 - 12:45PM	<p>2 OR MORE SWIM LANES ARE AVAILABLE ALL DAY, EVERY DAY OF THE WEEK!</p> <p>Book your classes, programs, and lessons on our YWCA Health + Fitness mobile app!</p> <p>Color codes: Group Aquatic Fitness Class</p> <p>Group aquatic and land fitness classes are included with your membership.</p> <p>A private swimming lesson is 45 minutes, member \$60/Non-member \$68.50. Prior to class, please let your instructor know if you have any medical conditions which may affect your ability to exercise.</p>
				Aqua X-press w/ Dale		Private Lesson	
					2 - 2:45PM		
					Private Lesson (2 available)		
					3 - 3:45PM	2:45 - 3:30PM	
5 - 5:45PM			4 - 4:45PM	Private Lesson	3 - 3:45PM		
Private Lesson			Private Lesson		Private Lesson		
6:30 - 7:15PM			5:15 - 6PM	5 - 5:45PM			
Private Lesson			Private Lesson	Private Lesson			
				6:30 - 7:15PM			
				Private Lesson			

Happy HOLIDAYS!