HEALTH FI+NESS YWCA HEATH + FINESS CENTRE	604 895 5777 ywcavan.or	er memberservices@ywcavan.org g/fitness 15 am - 9:30 PM, Sat & Sun 8 am - 5:30 PM	Updated December 2024. Schedule subject Classes may be cancelled due to low partici	to change. Studio	Schedule	Jan 6 - Apr	30 2025
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	7:30 - 8AM		7:30 - 8AM	6:15 - 7:15AM	7:30 - 8AM		
CLASSES	1 Sculpt Express w/ Sam		1 Sculpt Express w/ Sandy	C Cycle60 w/ Reesa	1 Sculpt Express w/ Sandy	Book classes or	n your YWCA
			9:15 - 11:45AM			Health + Fitness	s mobile app!
	1 Pickleball \$ (shared space)	1 Pickleball \$ (shared space)	1 Pickleball \$ (shared space)	1 Pickleball \$ (shared space)	1 Pickleball \$ (shared space)		
				9 - 12PM		9 - 10	AM
				2 Shiatsu w/ Cameron \$		1 Zumba Toning w/ Alice	1 Step & Strength w/ Annie
		10:30 - 11:15AM]	(shared space)	10:30 - 11:15AM	10:30 - 11:	30AM
		2 Leslie Diamond Childcare (LDC)			2 LDC	1 Yoga Flow w/ Todd	1 Yoga Flow w/ Jenna
							2 Core & Stretch w/ Hiiro
AFTERNOON	12:15 - 1PM					12 - 1PM	
CLASSES	1 Circuit w/ Alex	1 Muscle Sculpt w/ Josh	1 Pilates Mat w/ Hector	1 Strength Total Body w/ Alesya	1 Strength Total Body w/ Hector	1 Be Fit w/ Alesya \$	2 Yin & Yang Yoga w/ Jillian
	2 Pilates Mat w/ Jen	2 Pranayama Yoga w/ Megha	2 DanceFit w/ Johanna	2 Tone Total Body w/ Miriam	2 Yoga Flow w/ Johanna		
	C Cycle45 w/ Wendi	C Ride w/ Kathy	C Cycle45 w/ Jennie	C Cycle45 w/ Sandy			
			1:15 - 2PM			1:15 - 5:15PM	
	1 Zumba w/ Kane	2 Barre & Stretch w/ Johanna	1 Restorative Stretch w/ Jody	1 Yoga Flow w/ Jill M	1 Step w/ Annie	1 Pickleball \$ (shared space)	1 Pickleball \$ (shared space)
	2 Yoga Flow	2:15 - 3:45PM	2 Tone Total Body	2:15 - 3:45PM	4:15 - 5PM	3 - 4F	РМ
	w/ Sat	1 Pickleball \$ (shared space)	w/ Alex	1 Pickleball \$ (shared space)	2 Recovery w/ Sam	2 Pranayama Yoga w/ Forum	2 Tai Chi w/ Stuart
		4:15 - 5PM				Studio rules and etique	
		2 Power Yoga w/ Lucy				each studio and on our	website.
EVENING	5:15 - 6:15PM						
CLASSES	1 HIIT w/ Sandy	1 DanceFit w/ Johanna	1 HIIT w/ Josh	1 Core & Stretch w/ Chris	1 Zumba w/ Maybelin	2-hour notice is require or a \$10 no-show fee w	rill apply. You can
	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	update your availability app or contact booking	
	C Cycle60 w/ Sasha	C Cycle & Tone w/ Alex	C Cycle60 w/ Jeff	C Ride w/ Kathy	C Cycle60 w/ Sasha		
	6:30 - 7:30PM					Color codes: Class locations: Strength Cardio Studio 1 1	
	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)	Pilates Yoga Stretch Dance Exercise	Studio 2 2 Cycle Studio C
		2 Hatha Yoga w/ Yankei		2 Yoga Flow w/ Marco		Martial Arts Cycle	\$ - Fees apply
				7 - 8:15PM C Private Booking			
	8 - 9PM						
	1 Pickleball \$ (shared space)	1 Pickleball \$ (shared space)	1 Pickleball \$ (shared space)	1 Pickleball \$ (shared space)	1 Pickleball \$ (shared space)		



Studio Class Descriptions

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STRENGTH CARDIO	PILATES STRETCH	CYCLE	
Circuit - Build strength, agility and stability by performing a series of exercises with various equipment.	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.	
HIIT - Work hard and build strength in this multi-format high intensity interval training class.	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 toning exercises.	
Muscle Sculpt - Improve strength, cardio and balance with a variety of formats to keep your workouts fresh.	Pilates Fusion - Lengthen and strengthen with a mix of Pilates, barre, balance challenges and stretching.	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.	Pilates Mat - Classical Pilates mat exercises to elongate your muscles and strengthen your deep core muscles.	DANCE EXERCISE	
Step - A cardio step workout choreographed to pop favourites and featuring a peak routine.	Recovery - Improve mobility with foam rolling, activation exercises and stretching.	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.	Restorative Stretch - Stretches to help balance joint and soft tissue flexibility.	Zumba - A fusion of Latin dance styles, move and groove to pop music choreography for a fitness party.	
Strength Total Body - A dynamic workout utilizing a mix of equipment for a challenging music based class.	YOGA	Zumba Toning - Sculpting exercises and high-energy moves create this strength-training fitness party.	
Tone Total Body - A choreographed workout using a buffet of props with global and micro movements set to music.	Hatha Yoga - Breathe deep and practice slowly, with poses held with an emphasis on alignment.	FEES APPLY \$	
MARTIAL ARTS	Power Yoga - Build strength and endurance, improve flexibility and focus on form.	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.	Pranayama Yoga - Practice hatha yoga and breathing exercises to help calm the nervous system.	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.	Restorative Yoga Nidra - Use props and stretching to encourage relaxation followed by a nidra meditation.	Shiatsu - 1 on 1 Japanese massage that combines gentle traction and acupressure to help find balance.	
	Yin & Yang Yoga - Feel the benefits of dynamic sequences and holding passive poses.		
	Yoga Flow - Connect your breath with your movement		

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

in a flowing sequence.



MORNING

CLASSES

535 Hornby Street, Vancouver Member Services 604 895 5777 memberservices@ywcavan.org ywcavan.org/fitness

6:30 - 7:30AM

7:45 - 8:45AM

Combo Level 2/3

9:15 - 10AM
Private Lesson
10:15 - 11AM

12 - 1PM

Combo Level 2/3

5 - 6PM

YWCA Swim

YWCA Swim

Level 2

Level 1

YWCA Swim

YWCA Masters

YWCA Swim

Aqualite

w/ Cathie

Updated December 2024.

low participation.

Agua Rise

w/ Meaghan

Schedule subject to change.

Classes may be cancelled due to

TUESDAY

6:30 - 7:15AM

7:30 - 8:15AM

9:45 - 10:30AM

11 - 11:45AM

12:15 - 1PM

1:30 - 2:15PM Private Lesson

5:15 - 6PM

Private Lesson

YWCA Swim

Combo Level 2/3

Private Lesson

Private Lesson

Aqua Pilates

w/ Alesya

Private Lesson

WEDNESDAY

6:30 - 7:30AM

10:15 - 11AM

Private Lesson

YWCA Swim

YWCA Swim

Level 2

Level 1

5 - 6PM

6:30 - 7:30PM

4 - 4:45PM

Private Lesson

Private Lesson

Training Power

YWCA Swim

w/ Nicole and MJ

*Instructor

Hour*

Level 3

5:15 - 6PM

5:15 - 6:15PM

Aqualite

w/ Jen

YWCA Masters

Aquatic Schedule | Jan 6 - Apr 30 2025 **SATURDAY SUNDAY THURSDAY FRIDAY** 6:30 - 7:30AM 7:15 - 8AM Private Lesson YWCA Masters 2 OR MORE SWIM LANES ARE 7:45 - 8:45AM **AVAILABLE ALL DAY,** YWCA Swim **EVERY DAY OF THE WEEK!** Combo Level 2/3 9:45 - 10:30AM 10:15 - 11AM 10 - 11AM AquaGroove AquaGroove Power Hour Private Lesson w/ Meaghen w/ Meaghen w/ Nicole 11 - 11:45AM 11 - 11:45AM 11:15 - 12PM Private Lesson Private Lesson Private Lesson Private Lesson 12 - 1PM 12 - 1PM 12:15 - 1PM YWCA Swim Deep AquaGroove YWCA Swim YWCA Swim Combo Level 2/3 w/ Meaghen Level 1 Level 1 2 - 2:45PM Private Lesson Private Lesson

3 - 3:45PM

5 - 6PM

Private Lesson

YWCA Swim

YWCA Swim

Level 2

Level 1

(2 lessons available)

Private Lesson

mobile app!

Agua Pilates.

Pool hours:

3 - 3:45PM

Book lessons, programs, and classes on your YWCA Health + Fitness

Color code: Included with membership

Fees apply for YWCA Swim programs,

Please let your instructor know if you have any medical conditions which may affect

YWCA Masters, private lessons, and

Mon - Fri 5:45 am - 9:15 PM.

Sat & Sun 8 am - 5:15 PM

your ability to exercise.

2:45 - 3:30PM
Private Lesson

Private Lesson

AFTERNOON CLASSES

EVENING CLASSES



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 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 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!

Agua 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):

7 classes: Member \$210 | Non-member \$269.50 8 classes: Member \$240 | Non-member \$308

Masters (sessions are a set number of classes):

7 classes: Member \$138.25 | Non-member \$232.75 8 classes: Member \$158 | Non-member \$266 9 classes: Member \$177.75 | Non-member \$299.25 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