

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 in a flowing sequence.	

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

Aquatic Schedule | Jan 6 - Apr 30 2025

	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 Masters	Aqua Rise w/ Meaghan	YWCA Masters	Private Lesson	YWCA Masters		
	7:45 - 8:45AM	7:30 - 8:15AM			7:45 - 8:45AM		
	YWCA Swim Combo Level 2/3	Private Lesson			YWCA Swim Combo Level 2/3		
	9:15 - 10AM						
	Private Lesson						
	10:15 - 11AM	9:45 - 10:30AM	10:15 - 11AM	9:45 - 10:30AM	10:15 - 11AM		
Aqualite w/ Cathie	Private Lesson	Aqualite w/ Jen	Private Lesson	AquaGroove w/ Meaghan	AquaGroove w/ Meaghan	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 - 1PM	12:15 - 1PM	12 - 1PM	
	YWCA Swim Combo Level 2/3	Aqua Pilates w/ Alesya		YWCA Swim Combo Level 2/3	Deep AquaGroove w/ Meaghan	YWCA Swim Level 1	YWCA Swim Level 1
		1:30 - 2:15PM				2 - 2:45PM	
		Private Lesson				Private Lesson (2 lessons available)	Private Lesson
						2:45 - 3:30PM	Private Lesson
					3 - 3:45PM	3 - 3:45PM	
					Private Lesson	Private Lesson	Private Lesson
EVENING CLASSES	5 - 6PM	5:15 - 6PM	5 - 6PM	5:15 - 6PM	5 - 6PM	Book lessons, programs, and classes on your YWCA Health + Fitness mobile app! Color code: Included with membership 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.	
	YWCA Swim Level 1	Private Lesson	YWCA Swim Level 1	Private Lesson	YWCA Swim Level 1		
				5:15 - 6:15PM			
				Instructor Training Power Hour w/ Nicole and MJ			
	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		

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!

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):

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 **HERE**