

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING CLASSES	7:30 - 8AM	6:15 - 7:15AM	7:30 - 8AM	6:15 - 7:15AM	7:30 - 8AM	Book classes on your YWCA Health + Fitness Centre mobile app!	
	1 Sculpt Express w/ Brano	C Cycle60 w/ Jennie	1 Sculpt Express w/ Sandy	C Cycle60 w/ Reesa	1 Sculpt Express w/ Sandy		
	9:15 - 11:45AM						
	1 Pickleball \$ (shared space)	1 Pickleball \$ (shared space)	1 Pickleball \$ (shared space)	1 Pickleball \$ (shared space)	1 Pickleball \$ (shared space)		
				9 - 12PM			
				2 Shiatsu w/ Cameron \$ (shared space)			
		10:30 - 11:15AM			10:30 - 11:15AM		
		2 Leslie Diamond Childcare (LDC)			2 LDC		
AFTERNOON CLASSES	12:15 - 1PM					9 - 10AM	
	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 Zumba Toning w/ Alice	1 Step & Strength Intervals w/ Annie
	2 Pilates Mat w/ Jen	2 Power Yoga w/ Megha	2 DanceFit w/ Johanna	2 Tone Total Body w/ Miriam	2 Yoga Flow w/ Johanna	10:30 - 11:30AM	
	C Cycle45 w/ Miriam	C Ride w/ Kathy	C Cycle45 w/ Jennie	C Cycle45 w/ Sandy			
	1:15 - 2PM					10:30 - 11:30AM	
	1 Zumba w/ Kane	1 Strength Total Body w/ Melissa	1 Restorative Stretch w/ Jody	1 Yoga Flow w/ Jill M	1 Step w/ Annie	1 Yoga Flow w/ Todd	1 Yoga Flow w/ Jenna
	2 Yoga Flow w/ Sat	2 Barre & Stretch w/ Johanna	2 Tone Total Body w/ Alex		4:15 - 5PM	2 Pilates Mat w/ Hihiro	2 Yang to Yin Yoga w/ Jillian
		4:15 - 5PM			2 Recovery w/ Sam		
		2 Power Yoga w/ Lucy					
							12 - 1PM
EVENING CLASSES	5:15 - 6:15PM					1:15 - 5:15PM	
	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 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.	
	2 Yang to Yin Yoga w/ Geet	2 Core & Stretch w/ Chris	2 Pilates Fusion w/ Johanna	2 Zumba Toning w/ Alice	2 Restorative Yoga Nidra w/ Hihiro		
	C Cycle60 w/ Sasha	C Cycle & Tone w/ Alex	C Cycle60 w/ Jeff	C Ride w/ Kathy			
	6:30 - 7:30PM					1:15 - 5:15PM	
	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)	Color codes:	
		2 Hatha Yoga w/ Yankei		2 Yoga Flow w/ Gabriela		Strength   Cardio	
	8 - 9PM					Pilates   Yoga   Stretch	
	1 Pickleball \$ (shared space)	1 Pickleball \$ (shared space)	1 Pickleball \$ (shared space)	1 Pickleball \$ (shared space)	1 Pickleball \$ (shared space)	Dance Exercise	
						Martial Arts	
					Cycle		
					\$ - Fees apply		

STRENGTH   CARDIO	PILATES   STRETCH	MARTIAL ARTS
<b>Circuit</b> - Build strength, agility and stability by performing a series of exercises with various equipment.	<b>Barre &amp; Stretch</b> - Plie, relevé and stretch in this full body class with micro movements set to music.	<b>Karate</b> - Kihon (basic techniques), Ka-ta (forms) and Kumite (sparring). Gi's (uniforms) optional.
<b>HIIT</b> - Work hard and build strength in this multi-format high intensity interval training class.	<b>Core &amp; Stretch</b> - Build your core with creative exercises that challenge your strength and stability.	DANCE EXERCISE
<b>Muscle Sculpt</b> - Improve strength, cardio and balance with a variety of formats to keep your workouts fresh.	<b>Pilates Fusion</b> - Lengthen and strengthen with a mix of Pilates, barre, balance challenges and stretching.	<b>DanceFit</b> - A mood-boosting pop music dance fitness class for your cardio, core and coordination.
<b>Sculpt Express</b> - Build and maintain muscle in this express full body resistance training workout.	<b>Pilates Mat</b> - Classical Pilates mat exercises to elongate your muscles and strengthen your deep core muscles.	<b>Zumba</b> - A fusion of Latin dance styles, move and groove to pop music choreography for a fitness party.
<b>Step</b> - A cardio step workout choreographed to pop favourites and featuring a peak routine.	<b>Recovery</b> - Improve mobility with foam rolling, activation exercises and stretching.	<b>Zumba Toning</b> - Sculpting exercises and high-energy moves create this strength-training fitness party.
<b>Step &amp; Strength Intervals</b> - An alternating cardio & strength step workout with mat work and stretching.	<b>Restorative Stretch</b> - Stretches to help balance joint and soft tissue flexibility.	FEES APPLY \$
<b>Strength Total Body</b> - A dynamic workout utilizing a mix of equipment for a challenging music based class.	YOGA	<b>Pickleball</b> - A racquet sport that combines elements of tennis, badminton, and ping pong. Book to play.
<b>Tone Total Body</b> - A choreographed workout using a buffet of props with global and micro movements set to music.	<b>Hatha Yoga</b> - Breathe deep and practice slowly, with poses held with an emphasis on alignment.	<b>Shiatsu</b> - 1 on 1 Japanese massage that combines gentle traction and acupressure to help find balance.
CYCLE	<b>Power Yoga</b> - Build strength and endurance, improve flexibility and focus on form.	<b>What is a shared space?</b>  Members and guests may use other areas of the studio while pickleball is being played or during a shiatsu session.  Studios are reserved for classes and LDC when in session and cannot be shared.
<b>Cycle45 and Cycle60</b> - Maximize your calorie burn and utilize the power of your internal motivation.	<b>Restorative Yoga Nidra</b> - Use props and stretching to encourage relaxation followed by a nidra meditation.	
<b>Cycle &amp; Tone</b> - A challenging mix of 45 min of cardio on the bike followed by 10 minutes of toning exercises.	<b>Yang to Yin Yoga</b> - Feel the benefits of dynamic sequences and holding passive poses.	
<b>Ride</b> - Improve your cardio and riding ability in this HIIT cycle class taught from a cyclist perspective.	<b>Yoga Flow</b> - Connect your breath with your movement in a flowing sequence.	

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

# Aquatic Schedule | May 1 - Aug 31 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/ Jean	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		
	10:15 - 11AM	9:15 - 10AM	10:15 - 11AM		10:15 - 11AM		10 - 11AM
	Aqualite w/ Cathie	Private Lesson	Aqualite w/ Jen		AquaGroove w/ Meaghen	AquaGroove w/ Meaghen	Power Hour w/ Nicole
		11 - 11:45AM			11:15 - 12PM	11 - 11:45AM	
	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/ Meaghen	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			
		2:45 - 3:30PM		3 - 3:45PM	3 - 3:45PM		
		Private Lesson		Private Lesson	Private Lesson	Private Lesson	
		4 - 4:45PM			Book lessons, programs, and classes on your YWCA Health + Fitness mobile app!		
		Private Lesson	Private Lesson				
	EVENING CLASSES	5 - 6PM	5:15 - 6PM	5 - 6PM	5:15 - 6PM	5 - 6PM	Color code: Included with membership  Fees apply for swim programs, 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	AquaGroove w/ MJ	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		

<p><b>AquaGroove</b> - 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! <b>Deep AquaGroove</b> requires a float belt or people can take part in the shallow end if they prefer.</p>
<p><b>AquaLite</b> - 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.</p>
<p><b>Aqua Rise</b> - 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!</p>
<p><b>Aqua Pilates</b> - 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.</p>
<p><b>Power Hour</b> - 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.</p>

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):**  
 6 classes: Member \$118.50 | Non-member \$199.50  
 7 classes: Member \$138.25 | Non-member \$232.75  
 8 classes: Member \$158 | Non-member \$266  
 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**