

STRENGTH CARDIO	PILATES STRETCH	MARTIAL ARTS
HIIT - Work hard and build strength in this multi-format high intensity interval training class.	Barre & Stretch - Plie, relevé and stretch in this full body class with micro movements set to music.	Karate - Kihon (basic techniques), Ka-ta (forms) and Kumite (sparring). Gi's (uniforms) optional.
Sculpt Express - Build and maintain muscle in this express full body resistance training workout.	Core & Stretch - Build your core with creative exercises that challenge your strength and stability.	Tai Chi - Practice natural stances and steady, open movements with the beginner Yang 8 form.
Step - A cardio step workout choreographed to pop favourites and featuring a peak routine.	Pilates Fusion - Lengthen and strengthen with a mix of Pilates, barre, balance challenges and stretching.	Shiatsu - 1 on 1 Japanese massage that combines gentle traction and acupuncture to help find balance.
Strength & Cardio - Improve strength, cardio and balance with a variety of formats to keep your workouts fresh.	Pilates Mat - Classical Pilates mat exercises to elongate your muscles and strengthen your deep core muscles.	DANCE EXERCISE
Strength Total Body - A dynamic workout utilizing a mix of equipment for a challenging music based class.	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.
Tone - A choreographed workout using a buffet of props with global and micro movements set to music.	Restorative Stretch - Rejuvenating stretches to help balance joint and soft tissue flexibility.	Dance Party - A high energy choreographed dance fitness party with rotating instructors and formats.
CYCLE	YOGA	Zumba - A Latin-inspired dance fitness class combining dynamic rhythms and easy-to-follow moves.
Cycle45 - Maximize your calorie burn and utilize the power of your internal motivation in this 45 minute class.	Hatha Yoga - Breathe deep and practice slowly, with poses held with an emphasis on alignment.	Zumba Toning - Sculpting intervals with Zumba moves to improve your rhythm and coordination.
Cycle60 - Maximize your calorie burn and utilize the power of your internal motivation in this 60 minute class.	Power Yoga - Build strength and endurance, improve flexibility and focus on form.	What is a shared space? 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.
Cycle & Tone - A challenging mix of 45 min of cardio on the bike followed by 10 minutes of toning exercises.	Yang to Yin Yoga - Combine the benefits of dynamic sequences and holding static poses.	
Endurance Ride - Ride for 90 minutes through hills and flat roads at a comfortably high cadence pace.	Yin & Meditation - Hold poses for long durations working with the joints and fascial network.	
Ride - Improve your cardio and riding ability in this HIIT cycle class taught from a cyclist perspective.	Yoga Flow - Connect your breath with your movement in a flowing sequence.	

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

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):

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):

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**