

# Studio Schedule | Nov 1 - Dec 21 2025

|                                  | MONDAY                           | TUESDAY                                           | WEDNESDAY                                | THURSDAY                              | FRIDAY                                                                                                                                                                                                                                                                  | SATURDAY                                                                                                                                                                                                                                                                                                                                                                          | SUNDAY                                  |                       |
|----------------------------------|----------------------------------|---------------------------------------------------|------------------------------------------|---------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------|-----------------------|
| MORNING CLASSES                  |                                  | 6:15 - 7:15AM<br>C Cycle60 w/ Jennie (Nov only) ● | 7:30 - 8AM<br>1 Sculpt Express w/ Liia ● | 6:15 - 7:15AM<br>C Cycle60 w/ Reesa ● | 7:30 - 8AM<br>1 Sculpt Express w/ Sam ●                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                   |                                         |                       |
|                                  | 9:15 - 11:45AM                   |                                                   |                                          |                                       |                                                                                                                                                                                                                                                                         | 8:30 - 10AM                                                                                                                                                                                                                                                                                                                                                                       |                                         |                       |
|                                  | 1 Pickleball \$ (shared space) ● | 1 Pickleball \$ (shared space) ●                  | 1 Pickleball \$ (shared space) ●         | 1 Pickleball \$ (shared space) ●      | 1 Pickleball \$ (shared space) ●                                                                                                                                                                                                                                        | C Endurance Ride w/ Jennie (Nov only) ●                                                                                                                                                                                                                                                                                                                                           |                                         |                       |
|                                  |                                  |                                                   |                                          | 9 - 12PM                              |                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                   | 9 - 10AM                                |                       |
|                                  |                                  |                                                   |                                          |                                       | 2 Shiatsu w/ Cameron \$ (shared space) ●                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                   | 1 Dance Party w/ Rotating Instructors ● | 2 Tai Chi w/ Stuart ● |
|                                  |                                  | 10:30 - 11:15AM                                   |                                          |                                       |                                                                                                                                                                                                                                                                         | 10:30 - 11:15AM                                                                                                                                                                                                                                                                                                                                                                   |                                         |                       |
|                                  | 2 Leslie Diamond Childcare (LDC) |                                                   |                                          | 2 LDC                                 | 1 Yoga Flow w/ Todd ●                                                                                                                                                                                                                                                   | 1 Yoga Flow w/ Jenna ●                                                                                                                                                                                                                                                                                                                                                            |                                         |                       |
| AFTERNOON CLASSES                | 12:15 - 1PM                      |                                                   |                                          |                                       |                                                                                                                                                                                                                                                                         | 11:15AM - 11:45AM                                                                                                                                                                                                                                                                                                                                                                 |                                         |                       |
|                                  | 1 Strength & Cardio w/ Alex ●    | 1 Strength & Cardio w/ Josh ●                     | 1 Pilates Mat w/ Hector ●                | 1 Strength Total Body w/ Alesya ●     | 1 Strength Total Body w/ Hector ●                                                                                                                                                                                                                                       | C Be Fit \$ w/ Alesya ●                                                                                                                                                                                                                                                                                                                                                           |                                         |                       |
|                                  | 2 Pilates Mat w/ Jen ●           | 2 Power Yoga w/ Megha ●                           | 2 DanceFit w/ Johanna ●                  | 2 Tone w/ Miriam ●                    | 2 Yoga Flow w/ Johanna ●                                                                                                                                                                                                                                                | 11:45AM - 12:30PM                                                                                                                                                                                                                                                                                                                                                                 |                                         |                       |
|                                  | C Cycle45 w/ Wend ●              | C Ride w/ Kathy ●                                 | C Cycle45 w/ Jennie ●                    |                                       |                                                                                                                                                                                                                                                                         | 1 Be Fit \$ w/ Alesya ●                                                                                                                                                                                                                                                                                                                                                           |                                         |                       |
|                                  | 1:15 - 2PM                       |                                                   |                                          |                                       |                                                                                                                                                                                                                                                                         | 1:15 - 5:15PM                                                                                                                                                                                                                                                                                                                                                                     |                                         |                       |
|                                  | 1 Zumba w/ Kane ●                | 1 Strength Total Body w/ Melissa ●                | 2 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 w/ Sat ●             | 2 Barre & Stretch w/ Johanna ●                    |                                          |                                       |                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                   |                                         |                       |
|                                  |                                  | 2:15 - 3:45PM                                     |                                          |                                       |                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                   |                                         |                       |
|                                  |                                  | 1 Pickleball \$ (shared space) ●                  |                                          |                                       |                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                   |                                         |                       |
|                                  |                                  |                                                   | 4:15 - 5PM                               |                                       |                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                   |                                         |                       |
|                                  |                                  | 2 Power Yoga w/ Lucy ●                            | 1 Strength Total Body w/ Alex ●          |                                       |                                                                                                                                                                                                                                                                         | <div>Book classes on your YWCA Health + Fitness Centre mobile app!</div> <div>\$ - Fees apply</div> <div>Studio rules and etiquette are posted in each studio and on our website.</div> <div>If you cannot make your class, please unregister to release the spot to someone else. No shows may be charged a \$10 fee. You can update your availability on your mobile app.</div> |                                         |                       |
| 5:15 - 6:15PM                    |                                  |                                                   |                                          |                                       |                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                   |                                         |                       |
| 1 HIIT w/ Jill ●                 | 1 DanceFit w/ Johanna ●          | 1 HIIT w/ Josh ●                                  | 1 Core & Stretch w/ Chris ●              | 1 Bollywood w/ Manitha ●              |                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                   |                                         |                       |
| 2 Yang to Yin Yoga w/ Geet ●     | 2 Core & Stretch w/ Chris ●      | 2 Pilates Fusion w/ Johanna ●                     | 2 Zumba w/ Maybelin ●                    | 2 Yin & Meditation w/ Jillian ●       |                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                   |                                         |                       |
|                                  | C Cycle & Tone w/ Alex ●         | C Cycle60 w/ Jeff ●                               | C Beginner Cycle w/ Kathy (Nov only) ●   |                                       |                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                   |                                         |                       |
| 6:30 - 7:30PM                    |                                  |                                                   |                                          |                                       | <div>Color codes:</div> <div>Strength   Cardio ●</div> <div>Pilates   Yoga   Stretch ●</div> <div>Dance Exercise ●</div> <div>Martial Arts ●</div> <div>Cycle ●</div> <div>Class locations:</div> <div>Studio 1 1</div> <div>Studio 2 2</div> <div>Cycle Studio C</div> |                                                                                                                                                                                                                                                                                                                                                                                   |                                         |                       |
| 1 Zumba Toning w/ Maybelin ●     | 1 Karate w/ Hamid (till 8pm) ●   | 1 Pickleball \$ (shared space) ●                  | 1 HIIT w/ Jenna ●                        | 1 Karate w/ Hamid (till 8pm) ●        |                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                   |                                         |                       |
| 2 Recovery w/ Sam ●              | 2 Hatha Yoga w/ Yankei ●         |                                                   | 2 Hatha Yoga w/ Gabriela ●               |                                       |                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                   |                                         |                       |
| 8 - 9PM                          |                                  |                                                   |                                          |                                       |                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                   |                                         |                       |
| 1 Pickleball \$ (shared space) ● | 1 Pickleball \$ (shared space) ● | 1 Pickleball \$ (shared space) ●                  | 1 Pickleball \$ (shared space) ●         | 1 Pickleball \$ (shared space) ●      |                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                   |                                         |                       |

| STRENGTH   CARDIO                                                                                                             | PILATES   STRETCH                                                                                                    | MARTIAL ARTS                                                                                                                                                                                                 |
|-------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>HIIT</b> - Work hard and build strength in this multi-format high intensity interval training class.                       | <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>Sculpt Express</b> - Build and maintain muscle in this express full body resistance training workout.                      | <b>Core &amp; Stretch</b> - Build your core with creative exercises that challenge your strength and stability.      | <b>Tai Chi</b> - Practice natural stances and steady, open movements with the beginner Yang 8 form.                                                                                                          |
| <b>Step</b> - A cardio step workout choreographed to pop favourites and featuring a peak routine.                             | <b>Pilates Fusion</b> - Lengthen and strengthen with a mix of Pilates, barre, balance challenges and stretching.     | <b>Shiatsu</b> - 1 on 1 Japanese massage that combines gentle traction and acupressure to help find balance.                                                                                                 |
| <b>Strength &amp; Cardio</b> - Improve strength, cardio and balance with a variety of formats to keep your workouts fresh.    | <b>Pilates Mat</b> - Classical Pilates mat exercises to elongate your muscles and strengthen your deep core muscles. | DANCE EXERCISE                                                                                                                                                                                               |
| <b>Strength Total Body</b> - A dynamic workout utilizing a mix of equipment for a challenging music based class.              | <b>Recovery</b> - Improve mobility with foam rolling, activation exercises and stretching.                           | <b>Bollywood</b> - Uplift the mind, energize the body, and celebrate soulful movement.                                                                                                                       |
| <b>Tone</b> - A choreographed workout using a buffet of props with global and micro movements set to music.                   | <b>Restorative Stretch</b> - Rejuvenating stretches to help balance joint and soft tissue flexibility.               | <b>DanceFit</b> - A mood-boosting pop music dance fitness class for your cardio, core and coordination.                                                                                                      |
| CYCLE                                                                                                                         | YOGA                                                                                                                 | <b>Dance Party</b> - A high energy choreographed dance fitness party with rotating instructors and formats.                                                                                                  |
| <b>Beginner Cycle</b> - 15 min bike set-up and orientation followed by a 30 min cycle focusing on developing an aerobic base. | <b>Hatha Yoga</b> - Breathe deep and practice slowly, with poses held with an emphasis on alignment.                 | <b>Zumba</b> - A Latin-inspired dance fitness class combining dynamic rhythms and easy-to-follow moves.                                                                                                      |
| <b>Cycle45</b> - Maximize your calorie burn and utilize the power of your internal motivation in this 45 minute class.        | <b>Power Yoga</b> - Build strength and endurance, improve flexibility and focus on form.                             | <b>Zumba Toning</b> - Sculpting intervals with Zumba moves to improve your rhythm and coordination.                                                                                                          |
| <b>Cycle60</b> - Maximize your calorie burn and utilize the power of your internal motivation in this 60 minute class.        | <b>Yang to Yin Yoga</b> - Combine the benefits of dynamic sequences and holding static poses.                        | <b>What is a shared space?</b><br><br>Other areas of the studio may be used during pickleball and/or shiatsu sessions.<br><br>Studios are reserved for classes and LDC when in session and cannot be shared. |
| <b>Cycle &amp; Tone</b> - A challenging mix of 45 min of cardio on the bike followed by 10 minutes of toning exercises.       | <b>Yin &amp; Meditation</b> - Hold poses for long durations working with the joints and fascial network.             |                                                                                                                                                                                                              |
| <b>Endurance Ride</b> - Ride for 90 minutes through hills and flat roads at a comfortably high cadence pace.                  | <b>Yoga Flow</b> - Connect your breath with your movement in a flowing sequence.                                     |                                                                                                                                                                                                              |
| <b>Ride</b> - Improve your cardio and riding ability in this HIIT cycle class taught from a cyclist perspective.              |                                                                                                                      |                                                                                                                                                                                                              |
| <b>All classes are multi-level with variations and modifications offered. Everyone welcome!</b>                               |                                                                                                                      |                                                                                                                                                                                                              |

# Aquatic Schedule | Nov 1- Dec 21 2025

|                      | MONDAY                       | TUESDAY                      | WEDNESDAY            | THURSDAY                     | FRIDAY                        | SATURDAY                                                                                                                                                                                                                                                                                                                  | SUNDAY                  |
|----------------------|------------------------------|------------------------------|----------------------|------------------------------|-------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------|
| MORNING<br>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<br>AVAILABLE ALL DAY,<br>EVERY DAY OF THE WEEK!                                                                                                                                                                                                                                                  |                         |
|                      | YWCA Masters                 | Aqua Rise<br>w/ Jean         | YWCA Masters         | Private Lesson               | YWCA Masters                  |                                                                                                                                                                                                                                                                                                                           |                         |
|                      | 7:45 - 8:45AM                | 7:30 - 8:15AM                |                      |                              | 7:45 - 8:45AM                 |                                                                                                                                                                                                                                                                                                                           |                         |
|                      | YWCA Swim<br>Combo Level 2/3 | Private Lesson               |                      |                              | YWCA Swim<br>Combo Level 2/3  |                                                                                                                                                                                                                                                                                                                           |                         |
|                      | 9:15 - 10AM                  |                              |                      |                              |                               |                                                                                                                                                                                                                                                                                                                           |                         |
|                      | Private Lesson               | Private Lesson               |                      |                              |                               |                                                                                                                                                                                                                                                                                                                           |                         |
|                      | 10:15 - 11AM                 |                              | 10:15 - 11AM         |                              | 10:15 - 11AM                  |                                                                                                                                                                                                                                                                                                                           |                         |
|                      | Aqualite<br>w/ Cathie        |                              | Aqualite<br>w/ Jen   |                              | AquaGroove<br>w/ Meaghen      | AquaGroove<br>w/ Meaghen                                                                                                                                                                                                                                                                                                  | Power Hour<br>w/ Nicole |
| AFTERNOON<br>CLASSES |                              | 11 - 11:45AM                 |                      | 9:45 - 10:30AM               | 11:15 - 12PM                  | 11 - 11:45AM                                                                                                                                                                                                                                                                                                              |                         |
|                      |                              | Private Lesson               |                      | Private Lesson               | Private Lesson                | Private Lesson                                                                                                                                                                                                                                                                                                            | Private Lesson          |
|                      | 12 - 1PM                     | 12:15 - 1PM                  |                      | 12 - 1PM                     | 12:15 - 1PM                   | 12 - 1PM                                                                                                                                                                                                                                                                                                                  |                         |
|                      | YWCA Swim<br>Combo Level 2/3 | Aqua Pilates<br>w/ Alesya    |                      | YWCA Swim<br>Combo Level 2/3 | Deep AquaGroove<br>w/ Meaghen | YWCA Swim<br>Level 1                                                                                                                                                                                                                                                                                                      | YWCA Swim<br>Level 1    |
|                      |                              | 1:30 - 2:15PM                |                      |                              |                               | 2 - 2:45PM                                                                                                                                                                                                                                                                                                                |                         |
|                      |                              | Private Lesson               |                      |                              |                               | Private Lesson<br>(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<br>on your YWCA Health + Fitness<br>mobile app!                                                                                                                                                                                                                                       |                         |
|                      |                              |                              | Private Lesson       | Private Lesson               |                               |                                                                                                                                                                                                                                                                                                                           |                         |
| EVENING<br>CLASSES   | 5 - 6PM                      | 5:15 - 6PM                   | 5 - 6PM              | 5:15 - 6PM                   | 5 - 6PM                       | Color code: Included with membership<br><br>Fees apply for swim programs, private<br>lessons, and Aqua Pilates.<br><br>Pool hours:<br>Mon - Fri 5:45 am - 9:15 PM,<br>Sat & Sun 8 am - 5:15 PM<br><br>Please let your instructor know if you have<br>any medical conditions which may affect<br>your ability to exercise. |                         |
|                      | YWCA Swim<br>Level 1         | Private Lesson               | YWCA Swim<br>Level 1 | Aqualite<br>w/ MJ            | YWCA Swim<br>Level 1          |                                                                                                                                                                                                                                                                                                                           |                         |
|                      | 6:30 - 7:30PM                |                              |                      |                              |                               |                                                                                                                                                                                                                                                                                                                           |                         |
|                      | YWCA Swim<br>Level 2         | YWCA Swim<br>Combo Level 2/3 | YWCA Swim<br>Level 2 | YWCA Swim<br>Level 3         | YWCA Swim<br>Level 2          |                                                                                                                                                                                                                                                                                                                           |                         |

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| <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. |
| <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.                                                                                                                                          |
| <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!                                                                    |
| <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.                                                        |
| <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.                                                                                                                  |

## 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**