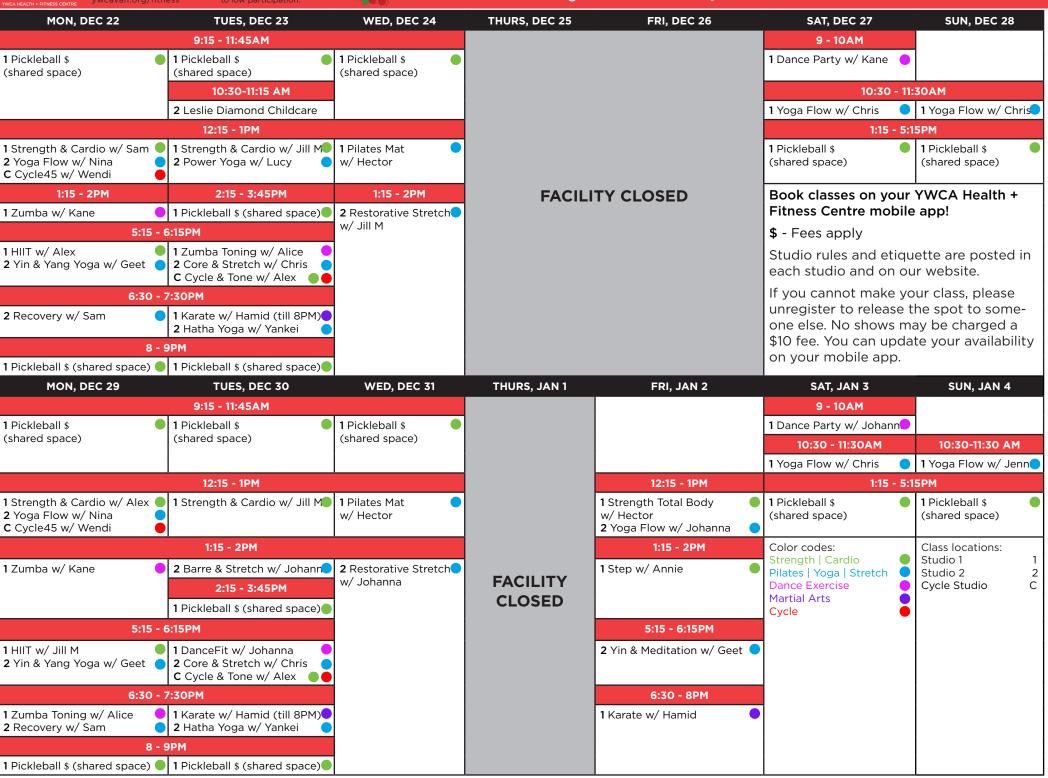




Studio Holiday Schedule | Dec 22 2025 - Jan 4 2026





cycle class taught from a cyclist perspective.

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 acupressure 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.	Bollywood - Uplift the mind, energize the body, and celebrate soulful movement.				
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.	DanceFit - A mood-boosting pop music dance fitness class for your cardio, core and coordination.				
CYCLE	YOGA	Dance Party - A high energy choregraphed dance fitness party with rotating instructors and formats.				
Beginner Cycle - 15 min bike set-up and orientation followed by a 30 min cycle focusing on developing an aerobic base.	Hatha Yoga - Breathe deep and practice slowly, with poses held with an emphasis on alignment.	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.	Power Yoga - Build strength and endurance, improve flexibility and focus on form.	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.	Yang to Yin Yoga - Combine the benefits of dynamic sequences and holding static poses.	What is a shared space?				
Cycle & Tone - A challenging mix of 45 min of cardio on the bike followed by 10 minutes of toning exercises.	Yin & Meditation - Hold poses for long durations working with the joints and fascial network.	Other areas of the studio may be used during pickleball and/or shiatsu sessions.				
Endurance Ride - Ride for 90 minutes through hills and flat roads at a comfortably high cadence pace.	Yoga Flow - Connect your breath with your movement in a flowing sequence.	Studios are reserved for classes and LDC when in session and cannot be shared.				
Ride - Improve your cardio and riding ability in this HIIT						

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



memberservices@ywcavan.org Classes may be cancelled due



Swim lessons from Dec 22 - Jan 4 are 25% off!							
MON DEC 22	THE DEC 27				SUN DEC 20		
MON, DEC 22	TUES, DEC 23	WED, DEC 24	THURS, DEC 25 FRI, DEC 26	SAT, DEC 27	SUN, DEC 28		
6:30 - 7:30AM	6:30 - 7:15AM	6:30 - 7:30AM			10 - 11AM		
YWCA Masters Drop In	Aqua Rise w/ Jean	YWCA Masters Drop In			Power Hour w/ Nicole		
8 - 8:45AM	7:30 - 8:15AM	8 - 8:45AM			11 - 11:45AM		
Private Lesson	Private Lesson	Private Lesson			Private Lesson		
	9:15 - 10AM				12:15 - 1PM		
	Private Lesson	Private Lesson			Private Lesson		
10:15 - 11AM		10:15 - 11AM		10:15-11 AM	2 - 2:45PM		
Aqualite w/ Cathie]	Aqualite w/ Alexa		Aqualite w/ Jean	Private Lesson		
	11 - 11:45AM	11:45 - 12:30PM		11 - 11:45AM	3 - 3:45PM		
	Private Lesson	Private Lesson		Private Lesson	Private Lesson		
12:15 - 1PM		1:15 - 2PM	FACILITY CLOSED	12:15 - 1PM	2 OR MORE SWIM LANES ARE		
Private Lesson]	Private Lesson	TAGILITI GLOGED	Private Lesson	AVAILABLE ALL DAY, EVERY DAY OF THE WEEK!		
				2 - 2:45PM	Book your classes, programs,		
				Private Lesson (2 available)	and lessons on our YWCA Health + Fitness mobile app!		
.				2:45 - 3:30PM	Color code: Included with membership		
				Private Lesson	Fees apply for swim programs, private		
				3 - 3:45PM	lessons, and Aqua Pilates.		
5 -	5:45PM			Private Lesson	Pool hours: Mon - Fri 5:45 am - 9:15 PM,		
Private Lesson	Private Lesson	7			Sat & Sun 8 am - 5:15 PM		
6:30	- 7:15PM				Please let your instructor know if you		
Private Lesson	Private Lesson	7			have any medical conditions which may		

Aquatic Class Descriptions

AquaGroove - Everyone welcome! Each class is choreographed to the beat of an exciting and innovative playlist. Elongate your muscles and strengthen your whole body while "grooving" to the beat of your favorite hits! Deep AguaGroove 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 Rev-up - A mid-day 45-minute of high intensity cardio and strength workout that will increase your energy levels for the rest of the day.

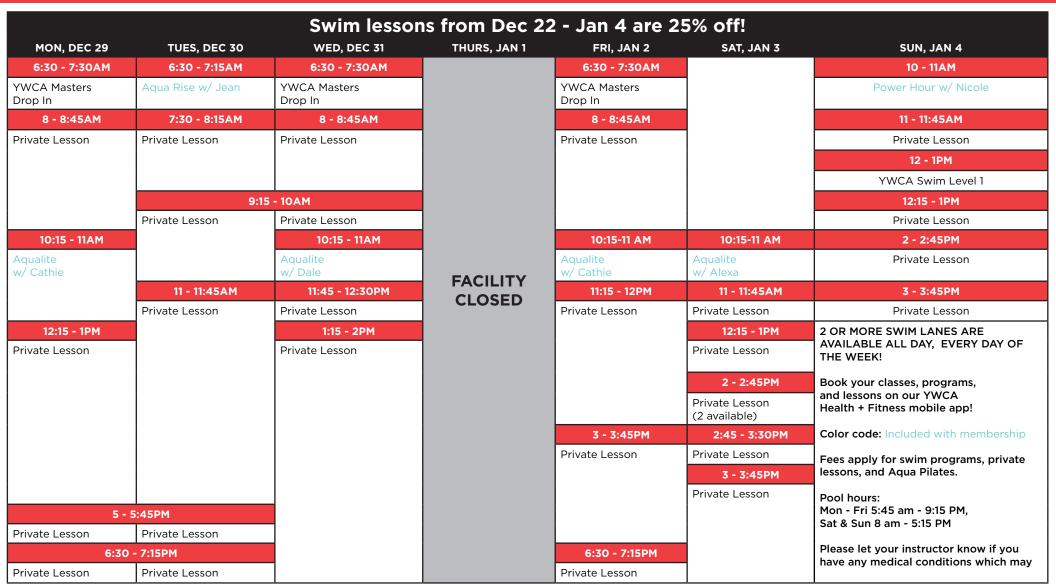
Aqua Rise - This 45-minute class uses water resistance and body weight in a low impact setting. While focusing on core stability and cardiovascular movements this high energy class is designed to challenge and motivate you. A great way to start the day!

Aqua Xpress - A 30 minute high energy class that uses water resistance and body weight to challenge your cardiovascular system and muscle strength. Optional 15 minute core and stretch workout at the end.

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.

535 Hornby Street, Vancouver
Member Services 604 895 5777
Schedule subject to change.
memberservices@ywcavan.org
ywcavan.org/fitness
to low participation.

Aquatic Schedule | Dec 22 2025 - Jan 4 2026



Happy HOLIDAYS!