









































































Studio Holiday Schedule | Dec 22 2025 - Jan 4 2026

MON, DEC 22		TUES, DEC 23		WED, DEC 24		THURS, DEC 25		FRI, DEC 26		SAT, DEC 27		SUN, DEC 28									
9:15 - 11:45AM				FACILITY CLOSED				9 - 10AM													
1 Pickleball \$ (shared space) 		1 Pickleball \$ (shared space) 						1 Pickleball \$ (shared space) 		1 Dance Party w/ Kane 											
10:30-11:15 AM								10:30 - 11:30AM													
		2 Leslie Diamond Childcare						1 Yoga Flow w/ Chris 				1 Yoga Flow w/ Chris 									
12:15 - 1PM								1:15 - 2PM				1:15 - 5:15PM									
1 Strength & Cardio w/ Sam  2 Yoga Flow w/ Nina  C Cycle45 w/ Wendi 		1 Strength & Cardio w/ Jill M  2 Power Yoga w/ Lucy 						1 Pilates Mat w/ Hector 		1 Pickleball \$ (shared space) 				1 Pickleball \$ (shared space) 							
1:15 - 2PM		2:15 - 3:45PM																			
1 Zumba w/ Kane 		1 Pickleball \$ (shared space) 						2 Restorative Stretch w/ Jill M 													
5:15 - 6:15PM																					
1 HIIT w/ Alex  2 Yin & Yang Yoga w/ Geet 		1 Zumba Toning w/ Alice  2 Core & Stretch w/ Chris  C Cycle & Tone w/ Alex  																			
6:30 - 7:30PM																					
2 Recovery w/ Sam 		1 Karate w/ Hamid (till 8PM)  2 Hatha Yoga w/ Yankei 																			
8 - 9PM																					
1 Pickleball \$ (shared space) 		1 Pickleball \$ (shared space) 																			
MON, DEC 29		TUES, DEC 30						WED, DEC 31		THURS, JAN 1		FRI, JAN 2		SAT, JAN 3		SUN, JAN 4					
9:15 - 11:45AM				FACILITY CLOSED				9 - 10AM													
1 Pickleball \$ (shared space) 		1 Pickleball \$ (shared space) 						1 Pickleball \$ (shared space) 		1 Dance Party w/ Johann 											
12:15 - 1PM								12:15 - 1PM				10:30-11:30 AM				10:30-11:30 AM					
1 Strength & Cardio w/ Alex  2 Yoga Flow w/ Nina  C Cycle45 w/ Wendi 		1 Strength & Cardio w/ Jill M 						1 Pilates Mat w/ Hector 		1 Strength Total Body w/ Hector  2 Yoga Flow w/ Johanna 				1 Pickleball \$ (shared space) 				1 Pickleball \$ (shared space) 			
1:15 - 2PM		2:15 - 3:45PM						1:15 - 2PM				1:15 - 5:15PM									
1 Zumba w/ Kane 		2 Barre & Stretch w/ Johanna 						2 Restorative Stretch w/ Johanna 		1 Step w/ Annie 				<div>Color codes:  Strength  Cardio  Pilates  Yoga  Stretch  Dance Exercise  Martial Arts  Cycle</div> <div>Class locations: Studio 1  1 Studio 2  2 Cycle Studio  C</div>							
5:15 - 6:15PM								5:15 - 6:15PM													
1 HIIT w/ Jill M  2 Yin & Yang Yoga w/ Geet 		1 DanceFit w/ Johanna  2 Core & Stretch w/ Chris  C Cycle & Tone w/ Alex  								2 Yin & Meditation w/ Geet 											
6:30 - 7:30PM								6:30 - 8PM													
1 Zumba Toning w/ Alice  2 Recovery w/ Sam 		1 Karate w/ Hamid (till 8PM)  2 Hatha Yoga w/ Yankei 								1 Karate w/ Hamid 											
8 - 9PM																					
1 Pickleball \$ (shared space) 		1 Pickleball \$ (shared space) 																			

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.	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 choreographed 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? Other areas of the studio may be used during pickleball and/or shiatsu sessions. 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.	Yin & Meditation - Hold poses for long durations working with the joints and fascial network.	
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.	
Ride - Improve your cardio and riding ability in this HIIT cycle class taught from a cyclist perspective.		

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

Swim lessons from Dec 22 - Jan 4 are 25% off!

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	FACILITY CLOSED			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				2 - 2:45PM
Aqualite w/ Cathie		Aqualite w/ Alexa				Private Lesson
	11 - 11:45AM	11:45 - 12:30PM				3 - 3:45PM
	Private Lesson	Private Lesson				Private Lesson
12:15 - 1PM		1:15 - 2PM				2 OR MORE SWIM LANES ARE AVAILABLE ALL DAY, EVERY DAY OF THE WEEK! Book your classes, programs, and lessons on our YWCA Health + Fitness mobile app! 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
Private Lesson		Private Lesson				
	5 - 5:45PM					
	Private Lesson	Private Lesson				
	6:30 - 7:15PM					
	Private Lesson	Private Lesson				

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 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 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.

Swim lessons from Dec 22 - Jan 4 are 25% off!									
MON, DEC 29	TUES, DEC 30	WED, DEC 31	THURS, JAN 1	FRI, JAN 2	SAT, JAN 3	SUN, JAN 4			
6:30 - 7:30AM	6:30 - 7:15AM	6:30 - 7:30AM	FACILITY CLOSED	6:30 - 7:30AM		10 - 11AM			
YWCA Masters Drop In	Aqua Rise w/ Jean	YWCA Masters Drop In		YWCA Masters Drop In		Power Hour w/ Nicole			
8 - 8:45AM	7:30 - 8:15AM	8 - 8:45AM		8 - 8:45AM		11 - 11:45AM			
Private Lesson	Private Lesson	Private Lesson		Private Lesson		Private Lesson	Private Lesson		
						12 - 1PM			
	9:15 - 10AM					YWCA Swim Level 1	12:15 - 1PM		
10:15 - 11AM	Private Lesson	Private Lesson		10:15-11 AM		10:15-11 AM	Private Lesson		
					10:15 - 11AM		2 - 2:45PM		
	Aqualite w/ Cathie	Aqualite w/ Dale			Aqualite w/ Cathie		Aqualite w/ Alexa	Private Lesson	
12:15 - 1PM	11 - 11:45AM	11:45 - 12:30PM		11:15 - 12PM	11 - 11:45AM	3 - 3:45PM			
	Private Lesson	Private Lesson		Private Lesson	Private Lesson	Private Lesson			
							1:15 - 2PM	2 OR MORE SWIM LANES ARE AVAILABLE ALL DAY, EVERY DAY OF THE WEEK!	
Private Lesson							Private Lesson	Private Lesson	2 - 2:45PM
	Private Lesson (2 available)	Color code: Included with membership							
	3 - 3:45PM			2:45 - 3:30PM	Fees apply for swim programs, private lessons, and Aqua Pilates.				
5 - 5:45PM	Private Lesson	Private Lesson		Private Lesson		Private Lesson	Pool hours: Mon - Fri 5:45 am - 9:15 PM, Sat & Sun 8 am - 5:15 PM		
					Private Lesson			3 - 3:45PM	Please let your instructor know if you have any medical conditions which may
					6:30 - 7:15PM			Private Lesson	

Happy HOLIDAYS!