

# Studio Schedule | Jan 5 - Apr 30 2026

|                                  | MONDAY                           | TUESDAY                                               | WEDNESDAY                                      | THURSDAY                                                                                     | FRIDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | SATURDAY                                                                        | SUNDAY                                        |
|----------------------------------|----------------------------------|-------------------------------------------------------|------------------------------------------------|----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|-----------------------------------------------|
| MORNING CLASSES                  |                                  | 6:15 - 7:15AM<br>C Cycle60 w/ Jennie (starts Feb) ●   | 7:30 - 8AM<br>1 Strength Express w/ Sam ●      | 6:15 - 7:15AM<br>C Cycle60 w/ Reesa ●                                                        | 7:30 - 8AM<br>1 Strength Express w/ Johanna & Alex ●                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                 |                                               |
|                                  |                                  | 9:15 - 11:45AM                                        |                                                |                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 8:30 - 10AM                                                                     |                                               |
|                                  | 1 Pickleball \$ (shared space) ● | 1 Pickleball \$ (shared space) ●                      | 1 Pickleball \$ (shared space) ●               | 1 Pickleball \$ (shared space) ●<br><br>9 - 11AM<br>2 Shiatsu w/ Cameron \$ (shared space) ● | 1 Pickleball \$ (shared space) ●                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | C Endurance Ride w/ Jennie ●                                                    |                                               |
|                                  |                                  |                                                       |                                                |                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 9:15 - 10:15AM<br>1 Dance Party w/ Rotating Instructors ● 1 Tai Chi w/ Stuart ● |                                               |
|                                  |                                  | 10:30 - 11:15AM<br>2 Leslie Diamond Childcare (LDC) ● | 11:15AM - 12PM<br>2 Pilates Mat w/ Hector ●    |                                                                                              | 10:30 - 11:15AM<br>2 LDC                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 10:30 - 11:30AM<br>1 Yoga Flow w/ Todd ● 1 Yoga Flow w/ Jenna ●                 |                                               |
|                                  |                                  |                                                       |                                                |                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                 |                                               |
| AFTERNOON CLASSES                | 12:15 - 1PM                      |                                                       |                                                |                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 11:15AM - 11:45AM                                                               | 2 BalletFit w/ Suzy ●                         |
|                                  | 1 Strength & Cardio w/ Alex ●    | 1 Strength & Cardio w/ Josh ●                         | 1 Step & Strength w/ Melissa ●                 | 1 Strength Total Body w/ Alesya ●                                                            | 1 Strength Total Body w/ Hector ●                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | C Get Fit \$ w/ Alesya ●                                                        |                                               |
|                                  | 2 Pilates Mat w/ Jen ●           | 2 Power Yoga w/ Jill M ●                              | 2 Yoga Pilates w/ Jill M ●                     | 2 Tone w/ Miriam ●                                                                           | 2 Yoga Flow w/ Johanna ●                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 11:45AM - 12:30PM                                                               | 11:30AM - 5PM                                 |
|                                  | C Cycle45 w/ Wendi ●             | C Ride w/ Kathy ●                                     | C Cycle45 w/ Jennie ●                          |                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 1 Get Fit \$ w/ Alesya ●                                                        | 2 Ballet Training w/ Suzy \$ (shared space) ● |
|                                  | 1:15 - 2PM                       |                                                       |                                                |                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 1:15 - 5:15PM                                                                   |                                               |
|                                  | 1 Zumba w/ Kane ●                | 2 Barre & Stretch w/ Johanna ●                        | 1 Bellydance w/ Jennica ●                      | 2 Yoga Flow w/ Megha ●                                                                       | 1 Step w/ Annie ●                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 1 Pickleball \$ (shared space) ●                                                | 1 Pickleball \$ (shared space) ●              |
|                                  | 2 Yoga Flow w/ Sat ●             |                                                       | 2 Restorative Stretch w/ Jody ●                |                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                 |                                               |
|                                  |                                  | 2:15 - 3:45PM                                         |                                                |                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                 |                                               |
|                                  |                                  | 1 Pickleball \$ (shared space) ●                      | 1 Pickleball \$ (shared space) ●               | 1 Pickleball \$ (shared space) ●                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                 |                                               |
|                                  |                                  | 4:15 - 5PM                                            |                                                | 4:15 - 5PM                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                 |                                               |
|                                  | 2 Yoga Flow w/ Susan ●           |                                                       | 2 Hatha Yoga w/ Gabriela ●                     |                                                                                              | <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> <div><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></div> |                                                                                 |                                               |
| 5:15 - 6:15PM                    |                                  |                                                       |                                                |                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                 |                                               |
| 1 HIIT w/ Suzy ●                 | 1 DanceFit w/ Johanna ●          | 1 HIIT w/ Josh ●                                      | 1 Core & Stretch w/ Chris ●                    | 1 Zumba Toning w/ Alice ●                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                 |                                               |
| 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 & Stretch w/ Jill M ●    | C Cycle & Tone w/ Alex ●         | C Cycle60 w/ Jeff ●                                   |                                                |                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                 |                                               |
| 6:30 - 7:30PM                    |                                  |                                                       |                                                |                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                 |                                               |
| 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 Registered Ballet \$ w/ Suzy (till 8:45PM) ●        | 2 Registered Ballet \$ w/ Suzy (till 9:15PM) ● |                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                 |                                               |
| 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>Step</b> - A cardio step workout choreographed to pop favourites and featuring a peak routine.                          | <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 &amp; Strength</b> - Step aerobic cardio sets alternating with intervals of strength building resistance training. | <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 acupuncture 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 Express</b> - Build and maintain muscle in this express full body resistance training workout.                 | <b>Recovery</b> - Improve mobility with foam rolling, activation exercises and stretching.                           | <b>BalletFit</b> - High-energy fusion of classical ballet with the rhythm and flow of electronic beats.                                                                                                                                 |
| <b>Strength Total Body</b> - A dynamic workout utilizing a mix of equipment for a challenging music based class.           | <b>Restorative Stretch</b> - Rejuvenating stretches to help balance joint and soft tissue flexibility.               | <b>Bellydance</b> - Express body positivity and learn choreo with the freedom of fluid, percussive movement.                                                                                                                            |
| <b>Tone</b> - A choreographed workout using a buffet of props with global and micro movements set to music.                | YOGA                                                                                                                 | <b>DanceFit</b> - A mood-boosting pop music dance fitness class for your cardio, core and coordination.                                                                                                                                 |
| CYCLE                                                                                                                      | <b>Hatha Yoga</b> - Breathe deep and practice slowly, with poses held with an emphasis on alignment.                 | <b>Dance Party</b> - A high energy choreographed dance fitness party with rotating instructors and formats.                                                                                                                             |
| <b>Cycle45 &amp; Cycle60</b> - Maximize your calorie burn and utilize the power of your internal motivation.               | <b>Power Yoga</b> - Build strength and endurance, improve flexibility and focus on form.                             | <b>Zumba</b> - A Latin-inspired dance fitness class combining dynamic rhythms and easy-to-follow moves.                                                                                                                                 |
| <b>Cycle &amp; Stretch</b> - Music-based cycle cardio drills plus deep stretching and breathwork.                          | <b>Yang to Yin Yoga</b> - Combine the benefits of dynamic sequences and holding static poses.                        | <b>Zumba Toning</b> - Sculpting intervals with Zumba moves to improve your rhythm and coordination.                                                                                                                                     |
| <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>What is a shared space?</b><br><br>Other areas of the studio may be used during pickleball, shiatsu and/or ballet training sessions.<br><br>Studios are reserved for classes, programs and LDC when in session and cannot be shared. |
| <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>Yoga Pilates</b> - Build inner strength and physical health fusing Yoga Flow with Pilates mat work.               |                                                                                                                                                                                                                                         |

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

# Aquatic Schedule | Jan 5 - Apr 30 2026

|                              | MONDAY                       | TUESDAY                      | WEDNESDAY                | THURSDAY                                                | FRIDAY                        | SATURDAY                                                                                                                                                                                                                                                                                                                                | SUNDAY                  |
|------------------------------|------------------------------|------------------------------|--------------------------|---------------------------------------------------------|-------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------|
| <b>MORNING<br/>CLASSES</b>   | <b>6:30 - 7:30AM</b>         | <b>6:30 - 7:15AM</b>         | <b>6:30 - 7:30AM</b>     | <b>7:15 - 8AM</b>                                       | <b>6:30 - 7:30AM</b>          | <b>2 OR MORE SWIM LANES ARE<br/>AVAILABLE ALL DAY,<br/>EVERY DAY OF THE WEEK!</b><br><br><b>BOOK LESSONS, PROGRAMS,<br/>AND CLASSES ON YOUR<br/>YWCA HEALTH + FITNESS CENTRE<br/>MOBILE APP!</b>                                                                                                                                        |                         |
|                              | YWCA Masters                 | Aqua Rise<br>w/ Jean         | YWCA Masters             | Private Lesson                                          | YWCA Masters                  |                                                                                                                                                                                                                                                                                                                                         |                         |
|                              |                              |                              | <b>7:45 - 8:45AM</b>     |                                                         | <b>7:45 - 8:45AM</b>          |                                                                                                                                                                                                                                                                                                                                         |                         |
|                              |                              |                              | Pool Rental<br>(2 Lanes) |                                                         | YWCA Swim<br>Combo Level 2/3  |                                                                                                                                                                                                                                                                                                                                         |                         |
|                              | <b>7:45 - 8:45AM</b>         |                              |                          | <b>9:45 - 10:30AM</b>                                   |                               |                                                                                                                                                                                                                                                                                                                                         |                         |
|                              | YWCA Swim<br>Combo Level 2/3 | YWCA Swim<br>Combo Level 2/3 |                          | Private Lesson                                          |                               |                                                                                                                                                                                                                                                                                                                                         |                         |
|                              | <b>9:15 - 10AM</b>           |                              |                          |                                                         |                               |                                                                                                                                                                                                                                                                                                                                         |                         |
|                              | Private Lesson               | Private Lesson               |                          |                                                         |                               |                                                                                                                                                                                                                                                                                                                                         |                         |
|                              | <b>10:15 - 11AM</b>          |                              | <b>10:15 - 11AM</b>      | <b>10 - 11AM</b>                                        | <b>10:15 - 11AM</b>           | <b>10 - 11AM</b>                                                                                                                                                                                                                                                                                                                        |                         |
|                              | Aqualite<br>w/ Cathie        |                              | Aqualite<br>w/ Jen       | Power Hour<br>w/ Jennifer                               | AquaGroove<br>w/ Meaghen      | AquaGroove<br>w/ Meaghen                                                                                                                                                                                                                                                                                                                | Power Hour<br>w/ Nicole |
| <b>AFTERNOON<br/>CLASSES</b> |                              |                              |                          | <b>11 - 11:45AM</b>                                     | <b>11:15 - 12PM</b>           | <b>11 - 11:45AM</b>                                                                                                                                                                                                                                                                                                                     |                         |
|                              |                              | Private Lesson               |                          | Private Lesson                                          | Private Lesson                | Private Lesson                                                                                                                                                                                                                                                                                                                          | Private Lesson          |
|                              | <b>12 - 1PM</b>              | <b>12:15 - 1PM</b>           |                          | <b>12 - 1PM</b>                                         | <b>12:15 - 1PM</b>            | <b>12 - 1PM</b>                                                                                                                                                                                                                                                                                                                         |                         |
|                              | YWCA Swim<br>Combo Level 2/3 | Aqua Pilates<br>w/ Alesya    |                          | Triathlon<br>Intensive &<br>Freestyle Swim<br>Intensive | Deep AquaGroove<br>w/ Meaghen | YWCA Swim<br>Level 1                                                                                                                                                                                                                                                                                                                    | YWCA Swim<br>Level 1    |
|                              |                              | <b>1:30 - 2:15PM</b>         |                          |                                                         |                               |                                                                                                                                                                                                                                                                                                                                         |                         |
|                              |                              | Private Lesson               |                          |                                                         |                               |                                                                                                                                                                                                                                                                                                                                         |                         |
|                              |                              |                              | <b>2:45 - 3:30PM</b>     |                                                         | <b>3 - 3:45PM</b>             | <b>2 - 2:45PM</b>                                                                                                                                                                                                                                                                                                                       |                         |
|                              |                              |                              | Private Lesson           |                                                         | Private Lesson                | Private Lesson<br>(2 lessons available)                                                                                                                                                                                                                                                                                                 | Private Lesson          |
|                              |                              |                              |                          |                                                         |                               | <b>2:45 - 3:30PM</b>                                                                                                                                                                                                                                                                                                                    |                         |
|                              |                              |                              |                          |                                                         |                               | Private Lesson                                                                                                                                                                                                                                                                                                                          |                         |
|                              |                              |                              |                          |                                                         |                               | <b>3 - 3:45PM</b>                                                                                                                                                                                                                                                                                                                       |                         |
|                              |                              |                              |                          |                                                         |                               | Private Lesson                                                                                                                                                                                                                                                                                                                          | Private Lesson          |
|                              |                              |                              | <b>4 - 4:45PM</b>        |                                                         |                               | <b>Color code:</b> Included with membership<br><br>Fees apply for swim programs, private<br>lessons, and Aqua Pilates.<br><br><b>Pool hours:</b><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. |                         |
|                              |                              |                              | Private Lesson           | Private Lesson                                          |                               |                                                                                                                                                                                                                                                                                                                                         |                         |
|                              |                              |                              |                          |                                                         |                               |                                                                                                                                                                                                                                                                                                                                         |                         |
| <b>EVENING<br/>CLASSES</b>   | <b>5 - 6PM</b>               | <b>5:15 - 6PM</b>            | <b>5 - 6PM</b>           | <b>5:15 - 6PM</b>                                       | <b>5 - 6PM</b>                |                                                                                                                                                                                                                                                                                                                                         |                         |
|                              | YWCA Swim<br>Level 1         | Private Lesson               | YWCA Swim<br>Level 1     | Aqua Rev Up<br>w/ MJ                                    | YWCA Swim<br>Level 1          |                                                                                                                                                                                                                                                                                                                                         |                         |
|                              | <b>6:30 - 7:30PM</b>         |                              |                          |                                                         |                               |                                                                                                                                                                                                                                                                                                                                         |                         |
|                              | YWCA Swim<br>Level 2         | YWCA Swim<br>Combo Level 2/3 | YWCA Swim<br>Level 2     | YWCA Swim<br>Combo Level 2/3                            | YWCA Swim<br>Level 2          |                                                                                                                                                                                                                                                                                                                                         |                         |

**AquaGroove** - Elongate your muscles and strengthen your whole body while “grooving” to the beat of your favorite hits! High and low impact are always options. **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 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 Rev Up** - A high intensity cardio and strength workout that will increase your energy levels for the day and support a good night’s sleep.

**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 high energy class that uses water resistance and body weight to challenge your cardiovascular system and muscle strength. Deep and shallow options are incorporated.

## 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):

4 classes: Member \$120 | Non-member \$154

6 classes: Member \$180 | Non-member \$231

7 classes: Member \$210 | Non-member \$269.50

8 classes: Member \$240 | Non-member \$308

9 classes: Member \$270 | Non-member \$346.50

### 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

9 classes: Member \$177.75 | Non-member \$299.25

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**