

Studio Schedule | Jan 5 - Apr 30 2026

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------------------|--------------------------------|----------------------------------|--|--|--------------------------------------|---|--------------------------------|
| MORNING CLASSES | | 6:15 - 7:15AM | 7:30 - 8AM | 6:15 - 7:15AM | 7:30 - 8AM | | |
| | | C Cycle60 w/ Jennie (starts Feb) | 1 Strength Express w/ Sam | C Cycle60 w/ Reesa | 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) | 1 Pickleball \$ (shared space) | C Endurance Ride w/ Jennie | |
| | | | | 9 - 11AM | | 9:15 - 10:15AM | |
| | | | | 2 Shiatsu w/ Cameron \$ (shared space) | | 1 Dance Party w/ Rotating Instructors | 1 Tai Chi w/ Stuart |
| | | 10:30 - 11:15AM | 11:15AM - 12PM | | 10:30 - 11:15AM | 10:30 - 11:30AM | |
| | | 2 Leslie Diamond Childcare (LDC) | 2 Pilates Mat w/ Hector | | 2 LDC | 1 Yoga Flow w/ Todd | 1 Yoga Flow w/ Jenna |
| AFTERNOON CLASSES | 12:15 - 1PM | | | | | 11:15AM - 11:45AM | 2 Ballet Fit® 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 | |
| | C Cycle45 w/ Wendi | C Ride w/ Kathy | C Cycle45 w/ Jennie | | | 1 Get Fit \$ w/ Alesya | |
| | 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 | | | <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> | |
| | | 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 | | | |
| EVENING CLASSES | 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) | | |
| | | | | | | | |

Class locations:
 Studio 1 1
 Studio 2 2
 Cycle Studio C

| 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. |
| Step - A cardio step workout choreographed to pop favourites and featuring a peak routine. | 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 & Strength - Step aerobic cardio sets alternating with intervals of strength building resistance training. | 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 Express - Build and maintain muscle in this express full body resistance training workout. | Recovery - Improve mobility with foam rolling, activation exercises and stretching. | Ballet Fit® - High-energy fusion of classical ballet with the rhythm and flow of electronic beats. |
| Strength Total Body - A dynamic workout utilizing a mix of equipment for a challenging music based class. | Restorative Stretch - Rejuvenating stretches to help balance joint and soft tissue flexibility. | Bellydance - Express body positivity and learn choreo with the freedom of fluid, percussive movement. |
| Tone - A choreographed workout using a buffet of props with global and micro movements set to music. | YOGA | DanceFit - A mood-boosting pop music dance fitness class for your cardio, core and coordination. |
| CYCLE | Hatha Yoga - Breathe deep and practice slowly, with poses held with an emphasis on alignment. | Dance Party - A high energy choreographed dance fitness party with rotating instructors and formats. |
| Cycle45 & Cycle60 - Maximize your calorie burn and utilize the power of your internal motivation. | Power Yoga - Build strength and endurance, improve flexibility and focus on form. | Zumba - A Latin-inspired dance fitness class combining dynamic rhythms and easy-to-follow moves. |
| Cycle & Stretch - Music-based cycle cardio drills plus deep stretching and breathwork. | Yang to Yin Yoga - Combine the benefits of dynamic sequences and holding static poses. | Zumba Toning - Sculpting intervals with Zumba moves to improve your rhythm and coordination. |
| 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. | What is a shared space? Other areas of the studio may be used during pickleball, shiatsu and/or ballet training sessions. Studios are reserved for classes, programs and LDC when in session and cannot be shared. |
| 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. | Yoga Pilates - 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 |
|------------------------------|------------------------------|------------------------------|--------------------------|---|-------------------------------|--|-------------------------|
| MORNING 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 AVAILABLE ALL DAY, EVERY DAY OF THE WEEK! BOOK LESSONS, PROGRAMS, AND CLASSES ON YOUR YWCA HEALTH + FITNESS CENTRE MOBILE APP! | |
| | YWCA Masters | Aqua Rise w/ Jean | YWCA Masters | Private Lesson | YWCA Masters | | |
| | | | 7:45 - 8:45AM | | 7:45 - 8:45AM | | |
| | | | Pool Rental (2 Lanes) | | YWCA Swim Combo Level 2/3 | | |
| | 7:45 - 8:45AM | | | 9:45 - 10:30AM | | | |
| | YWCA Swim Combo Level 2/3 | YWCA Swim Combo Level 2/3 | | Private Lesson | | | |
| | 9:15 - 10AM | | | | | | |
| | Private Lesson | Private Lesson | | | | | |
| | 10:15 - 11AM | | 10:15 - 11AM | 10 - 11AM | 10:15 - 11AM | 10 - 11AM | |
| | Aqualite w/ Cathie | | Aqualite w/ Jen | Power Hour w/ Jennifer | AquaGroove w/ Meaghen | AquaGroove w/ Meaghen | Power Hour w/ Nicole |
| AFTERNOON CLASSES | | | | 11 - 11:45AM | 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 Combo Level 2/3 | Aqua Pilates w/ Alesya | | Triathlon Intensive & Freestyle Swim Intensive | Deep AquaGroove w/ Meaghen | YWCA Swim Level 1 | YWCA Swim Level 1 |
| | | 1:30 - 2:15PM | | | | | |
| | | Private Lesson | | | | | |
| | | | | | | 2 - 2:45PM | |
| | | | | | | Private Lesson (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 | | | 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 affect your ability to exercise. | |
| | | | Private Lesson | Private Lesson | | | |
| | | | | | | | |
| | | | | | | | |
| EVENING CLASSES | 5 - 6PM | 5:15 - 6PM | 5 - 6PM | 5:15 - 6PM | 5 - 6PM | | |
| | YWCA Swim Level 1 | Private Lesson | YWCA Swim Level 1 | Aqua Rev Up w/ MJ | YWCA Swim Level 1 | | |
| | 6:30 - 7:30PM | | | | | | |
| | YWCA Swim Level 2 | YWCA Swim Combo Level 2/3 | YWCA Swim Level 2 | YWCA Swim Combo Level 2/3 | YWCA Swim Level 2 | | |

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| <p>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.</p> |
| <p>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.</p> |
| <p>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!</p> |
| <p>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.</p> |
| <p>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.</p> |
| <p>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.</p> |

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**