

## Group Fitness Schedule – Effective April 5th

Stat Holidays: Ap 6<sup>th</sup>, May 18<sup>th</sup> – No group fitness classes

### Room Guide:

(G) Gymnasium · (CS) Cycle Studio · (FS) Fitness Studio · (MP) Multi-Purpose Room 2/3 · (P) Pool · (FF) Fitness Floor

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Morning/Afternoon - Open to 4:00pm</b>						
<b>Cycle (CS)</b> 6:15am – 7:00am	<b>Strength (G)</b> 6:15am – 7:00am	<b>Cycle (CS)</b> 6:15am – 7:15am	<b>Sweat (G)</b> 6:15am – 7:00am	<b>Cycle (CS)</b> 6:15am – 7:15am		
	<b>Power Yoga (FS)</b> 6:15am – 7:15am		<b>Power Yoga (FS)</b> 6:15am – 7:15am		<b>Vinyasa Yoga (FS)</b> 7:15am – 8:15am	
<b>Aquafit (P)</b> 8:00am – 9:00am	<b>Aquafit (P)</b> 8:00am – 8:45am	<b>Water Walking (P)</b> 8:00am – 9:00am	<b>Aquafit (P)</b> 8:00am – 8:45am	<b>Aquafit (P)</b> 8:00am – 9:00am	<b>Aquafit (P)</b> 9:00am – 9:45am	
<b>Gentle Flow Yoga (FS)</b> 9:15am – 10:15am	<b>Strength &amp; Balance Express (MP)</b> 8:30am – 9:15am	<b>Dance (FS)</b> 9:15am – 10:15am	<b>Strength &amp; Balance Express (MP)</b> 8:00am – 8:45am	<b>Y Strength (FS)</b> 9:15am – 10:15am		
<b>Strength (G)</b> 9:15am – 10:15am	<b>Step &amp; Strength (FS)</b> 9:15am – 10:15am	<b>Sweat (G)</b> 9:15am – 10:15am	<b>Step (FS)</b> 9:15am – 10:15am	<b>Sweat (G)</b> 9:15am – 10:15am	<b>Step (FS)</b> 9:15am – 10:15am	
<b>Cycle (CS)</b> 9:15am – 10:15am		<b>Cycle (CS)</b> 9:15am – 10:15am	<b>Cycle (CS)</b> 9:15am – 10:15am		<b>Cycle (CS)</b> 9:15am – 10:15am	<b>Cycle (CS)</b> 8:15am – 9:00am
	<b>Chair Yoga (MP)</b> 9:45am – 10:30am		<b>Chair Yoga (MP)</b> 9:30am – 10:15am			<b>Pre-Teen Orientation (FF)</b> 9:30am – 10:00am
<b>Adult Water Walking (P)</b> 10:00am – 10:30am	<b>Aquafit (P)</b> 10:00am – 10:45am	<b>Vinyasa Yoga (FS)</b> 10:45am – 11:45am	<b>Gentle Aquafit (P)</b> 10:00am – 10:30am	<b>Yin Yoga (FS)</b> 10:30am – 11:30am		<b>Teen Orientation (FF)</b> 10:00am – 11:00am
<b>Gentle Cardio (G)</b> 10:45am – 11:30am	<b>Strength Express (FS)</b> 10:45am – 11:30am	<b>Gentle Cardio (G)</b> 10:45am – 11:30am	<b>Strength Express (FS)</b> 10:45am – 11:30am	<b>Gentle Cardio (G)</b> 10:45am – 11:30am	<b>Dance (FS)</b> 10:45am – 11:45am	<b>Restorative Yoga (FS)</b> 10:00am – 11:15am
<b>Stretch (FS)</b> 11:45am – 12:30pm	<b>Adult Walking (G)</b> 11:00am – 11:30am		<b>Adult Walking (G)</b> 11:00am – 11:30am	<b>Core &amp; Stretch (FS)</b> 11:45am – 12:30pm		
<b>Lunch Express (MP)</b> 12:15pm – 12:45pm	<b>Gentle Basics (MP)</b> 11:30am – 12:30pm	<b>Gentle Flow Yoga (FS)</b> 12:00pm – 1:00pm	<b>Gentle Basics (MP)</b> 11:30am – 12:30pm		<b>Bollywood Burn (FS)</b> 1:00pm – 1:45pm	
	<b>Gentle Basics Circuit (FF)</b> 1:30pm – 2:30pm	<b>Strength &amp; Balance Express (MP)</b> 12:00pm – 12:45pm				
<b>Gentle Cardio &amp; Tone (G)</b> 1:30pm – 2:30pm		<b>Gentle Cardio &amp; Tone (G)</b> 1:30pm – 2:30pm		<b>Gentle Cardio &amp; Tone (G)</b> 1:30pm – 2:30pm		
<b>Adult Water Walking (P)</b> 2:00pm – 2:30pm	<b>Adult Water Walking (P)</b> 2:00pm – 2:30pm	<b>Adult Water Walking (P)</b> 2:00pm – 2:30pm	<b>Adult Water Walking (P)</b> 2:00pm – 2:30pm	<b>Adult Water Walking (P)</b> 2:00pm – 2:30pm		
<b>Evening – 4:00pm - Close</b>						
<b>Teen Orientation (FF)</b> 4:00pm – 5:00pm			<b>Pre-Teen Orientation (FF)</b> 4:30pm – 5:00pm			
<b>Ashtanga Vinyasa Yoga (FS)</b> 5:30pm – 6:30pm	<b>Vinyasa Yoga (FS)</b> 5:30pm – 6:30pm	<b>Hatha Yoga (FS)</b> 5:30pm – 6:30pm	<b>Vinyasa Yoga (FS)</b> 5:30pm – 6:30pm	<b>Sweat (FS)</b> 5:30pm – 6:30pm		
<b>Sweat (G)</b> 5:30pm – 6:30pm		<b>Strength (G)</b> 5:30pm – 6:30pm				
<b>Cycle (CS)</b> 6:45pm – 7:45pm	<b>Cycle (CS)</b> 6:45pm – 7:45pm	<b>Cycle (CS)</b> 6:45pm – 7:45pm	<b>Sweat (G)</b> 6:45pm – 7:45pm			
<b>Core (FS)</b> 6:45pm – 7:45pm						
<b>Aquafit (P)</b> 7:15pm – 8:00pm			<b>Aquafit (P)</b> 7:15pm – 8:00pm			

For bookings, live updates, instructors and class descriptions, please check the YMCA BC app.