

## Group Fitness Schedule

Updated May 1<sup>th</sup> 2026

\*\* Schedule may change without notice. For bookings, live updates, instructors and class descriptions, please check the YMCA BC app. \*\*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Morning / Afternoon – 6:00am to 5:00pm</b>						
<b>Cycle Fit (C)</b> 6:00am-6:45am	<b>Strength (S)</b> 8:00am-9:00am	<b>Synrgy (FF)</b> 6:15-7:00am	<b>Cycle Fit (C)</b> 6:30am-7:15am	<b>Bootcamp (S)</b> 8:00am-9:00am	<b>Synrgy (FF)</b> 8:00am-8:45am	<b>Aqua Yoga(WP)</b> 8:00am-8:45am
<b>Core (S)</b> 7:45am-8:45am	<b>C-Dance (G)</b> 9:15-10:15am	<b>Hatha Yoga (S)</b> 7:00-8:00am	<b>Cycle Fit (C)</b> 9:00am-9:45am	<b>Aquafit (LP)</b> 8:00am-8:45am	<b>Aquafit (WP)</b> 8:00am-8:45am	<b>Muscle Up (S)</b> 8:45am-9:45am
<b>Bootcamp (S)</b> 9:00am-10:00am	<b>Gentle Yoga(S)</b> 9:15-10:15am	<b>Burn &amp; Build (S)</b> 8:15-8:45am	<b>Cardio Dance(G)</b> 9:15am-10:15am	<b>Cycle Fit (C)</b> 9:00am-9:45am	<b>Step/Sculpt(S)</b> 9:00-10:00am	<b>Synrgy (FF)</b> 9:00am-9:45am
<b>Aquafit (LP)</b> 9:15am-10:00am	<b>Synrgy (FF)</b> 10:15-11:00am	<b>Step/Sculpt (S)</b> 9:15-10:15am	<b>Synrgy (FF)</b> 10:15-11:00am	<b>Zumba (S)</b> 9:15am-10:15am	<b>Cycle Fit (C)</b> 9:30-10:15am	<b>Core (S)</b> 10:15-11:15am
<b>Synrgy (FF)</b> 10:15am-11:00am	<b>Pilates (S)</b> 10:25-11:25am	July and August <b>Healthy Heart(S)</b> 10:30am-12:00pm	<b>Gentle Yoga (S)</b> 10:30-11:30am	<b>Synrgy (FF)</b> 10:15-11:00am	<b>C-Dance (S)</b> 10:15-11:15am	<b>Cycle Fit (C)</b> 10:15-11:15am
<b>Walking into Presence (S)</b> 10:15-11:15am	<b>Aquafit (LP)</b> 10:30a-11:15am	<b>Aquafit (LP)</b> 10:30am-11:15am		<b>Pilates (S)</b> 11:30a-12:30pm	<b>Hatha Yoga (S)</b> 11:30-12:30pm	<b>Y Aero Dance (S)</b> 11:30-12:30pm
<b>Mindful Yoga (S)</b> 11:30am-12:30pm	<b>Chair Gentle Strength (S)</b> 1:30pm-2:30pm	<b>Synrgy (FF)</b> 11:45am-12:30pm				
	<b>Chair Gentle Strength (S)</b> 2:45pm-3:45pm	<b>Chair Gentle Strength (S)</b> 1:30pm-2:30pm	<b>Chair Gentle Strength (S)</b> 2:45pm-3:45pm	<b>Chair Gentle Strength (S)</b> 1:30pm-2:30pm		<b>Chair Gentle Strength (S)</b> 1:30pm-2:30pm
<b>Afternoon – 4:00pm to Close</b>						
<b>Step/Sculpt (S)</b> 5:00pm-6:00pm	<b>Strength (S)</b> 4:45pm-5:45pm	<b>Synrgy (FF)</b> 5:00pm-5:45pm	<b>Mindful Yoga(S)</b> 4:45pm-5:45pm	<b>Synrgy (FF)</b> 4:00pm-4:45pm		
<b>Synrgy (FF)</b> 6:00pm-6:45pm	<b>Synrgy (FF)</b> 5:00pm-5:45pm	<b>Jump Rope (S)</b> 5:00pm-6:00pm	<b>Synrgy (FF)</b> 5:00pm-5:45pm	<b>Strength (S)</b> 5:00pm-6:00pm		
<b>Running Group 5k (L)</b> 6:30pm-7:30pm	<b>(Reg.) Karate (S)</b> 6:00pm-7:00pm	<b>Core (S)</b> 6:00pm-7:00pm	<b>Synrgy (FF)</b> 6:00pm-6:45pm	<b>Persian Dancing (S)</b> 6:30pm-7:30pm		
<b>Partner Salsa (S)</b> 6:30pm-7:30pm	<b>Dance (G)</b> 6:15pm-7:15pm	<b>Shallow Aquafit (LP)</b> 7:45pm-8:30pm	<b>(Reg.) Karate (S)</b> 6:00pm-7:00pm	<b>Shallow Aquafit (LP)</b> 7:45pm-8:30pm	<b>Yoga Therapy (S)</b> 6:00pm-7:00pm	<b>Iyengar Yoga (S)</b> 7:00pm-8:00pm
<b>Kickboxing (FC)</b> 7:00pm-8:00pm	<b>Gentle Yoga (S)</b> 8:00pm-9:00pm	<b>Fundamental Yoga (S)</b> 8:00pm-9:00pm	<b>Pilates (FC)</b> 6:00pm-7:00pm	<b>Vinyasa (S)</b> 8:00pm-9:00pm		
<b>Hatha Yoga (S)</b> 7:45pm-8:45pm			<b>Zumba (G)</b> 6:15pm-7:15pm			
<b>Cycle Fit (C)</b> 8:00pm-8:45pm			<b>Sweat (S)</b> 7:30pm-8:30pm			
<b>Circuit (FF)</b> 8:00pm-9:00p			<b>Yoga&amp;Stretch (S)</b> 8:45pm-9:45pm			

**Room Guide:** (S) Studio· (G) Gymnasium· (C) Cycle Studio· (FF) Fitness Floor· (FC) Family Centre-Third Floor· (LP) Lane Pool· (WP) Warm Pool· (L) Lobby. (Reg) Registered Program.

Class	Description
<b>Pilates</b>	Focuses on your core, breathing, and muscular integration to improve your posture, and to align your body.
<b>Subtle Mindful Yoga/Qigong</b>	Allows interoceptive awareness which means listening to your body's physical sensations - your pattern of self-talk - emotional reactions - mental thoughts and patterns of how you relate to yourself (your subtle energy). Enhance your sensing ability that builds your relationship between body-mind-breath connection.
<b>Hatha Yoga</b>	This class is an introduction to basic breathing techniques, posture, and relaxation exercises.
<b>Gentle Yoga</b>	Gentle yoga is essentially what it sounds like—a gentler style of hatha yoga practice. It is performed at a slower pace, with less intense positions, and usually includes extended time for meditation, yogic breath work, and relaxation.
<b>Muscle Up</b>	is a high-energy strength and endurance class that combines weights and bodyweight exercises for a full-body workout. It helps build strength, improve stamina, and develop lean muscle—suitable for all fitness levels
<b>Jump Rope Fitness</b>	A low-impact workout, focusing on the fundamentals of jump rope, including proper form, basic bounce, crosses, and beginner tricks. Just bring your enthusiasm and get ready to jump your way to better fitness!
<b>Burn &amp; Build</b>	is a high-intensity hybrid class combining cardio intervals and strength training. You'll burn calories through fast-paced conditioning while building lean muscle with resistance exercises. Designed to improve endurance, strength, and overall athletic performance in one powerful workout.
<b>Chair Gentle strength</b>	Designed to improve posture, co-ordination, endurance strength and balance standing or seated in a chair.
<b>Synrgy</b>	Train with our Personal Trainers using a variety of equipment on the Fitness floor as well as some cardio stints on our indoor track.
<b>Walking Into Presence</b>	Suitable for all fitness levels, this class blends low-impact walking and aerobics with full-body strength exercises, mobility work, and balance training. Move to fun, energizing music while building strength, improving stability, and increasing your range of motion. The class ends with a gentle, extended stretch to help you feel relaxed, centered, and ready for the rest of your day.
<b>Sweat</b>	Y Sweat is a high-speed, high-energy class with a variety of bodyweight moves to increase your stamina.
<b>Core</b>	Includes a variety of exercises to improve your back strength, abdominal, strength, balance, & coordination.
<b>Step and Strength</b>	Step & Strength is an easy-to-follow step workout that zeroes in on intensity and power movements, using some additional fitness equipment.
<b>Strength</b>	Using barbells, dumbbells, and your own body weight, this powerful workout will have you feeling a burn long after you are finished.
<b>Dance-Easy Groove-Line Dance</b>	This dance class starts by warming up your whole body from your head to your feet, and teaches easy moves where you find your groove, followed by learning fun low impact line-dances to a variety of funky music. We end with a simple stretch and strengthen sequence on the mat. Come dance with Lindy and up your joy factor!
<b>Partner Sala Plus</b>	Partner dances are for all audiences and ages. Excellent way to meet people and make friends! Have fun and learn different cultures. Includes Salsa, Samba, Zouk, Forro, Tango, etc.
<b>Zumba</b>	A calorie-burning, easy-to-follow dance fitness-party™ choreographed to Latin and international rhythms.
<b>Cardio Dance</b>	A Fun Cardio workout class while dancing to a variety of music with a little bit of Cardio kick boxing.
<b>Persian Dance</b>	Experience the beauty and elegance of Persian dance. Whether you're new to dance or have some experience, this class is for you!
<b>Cycle Fit</b>	Cycle your way to good health. A class of varying intensity, suitable for all experience levels, this class uses various cycling techniques to keep the workout varied.
<b>Aqua Yoga</b>	Practice Aqua Yoga to strengthen your muscles and increase your mobility with little impact to your joints.
<b>Shallow/Deep Aquafit</b>	Deep water classes are held in water up to the neck, with a shallow option available for non-swimmers. Shallow water offers medium-intensity exercise using water resistance to build strength, endurance, and flexibility. All levels welcome.
<b>5K/10K Running Groups</b>	A fun way to be outside with a few friends! Join the runners of Bettie Allard for a local outdoor 5k/10K route in our wonderful neighborhood! We meet in the Lobby at Bettie Allard.