

John Tod Centre Y Fitness Schedule summer 2026

Wellness Studio

Effective: July 13-Aug 20

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:00		Forever Fit Arlene		Forever Strong Joy	
10:15-11:15		Stretch for Health Bodil			
11:00-12:00				Forever Fit Joy	
1:30					
2:15-3:15					

Gathering room

	Monday	Tuesday	Wednesday	Thursday	Friday
1:15-1:45					

Gymnasium

	Monday	Tuesday	Wednesday	Thursday	Friday

To register call Member Services 250-372-7725

Regular classes \$2.75 per class for YMCA BC Members and \$7.75 per class for non-members

***Specialty programs prices and dates may vary, please call from desk for information**

ALL Classes require pre-registration for the session, no drop ins

Downtown Facility Hours Mon-Fri 5:30am-9:00pm



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WELLNESS STUDIO						
8:45-10:00 Yoga for EveryBODY Charlie	9:00-10:00 NIA Trudy	9:00-10:00 Balance, Strength + Stretch Leah	9:00-10:00 Forever Strong Joy Starts Sept. 17			
10:15-11:15 Forever Fit Arlene	10:15-11:15 Stretch for Health Bodil	10:15-11:15 Yoga Fusion Joy Starts Sept. 16	10:15-11:15 Stretch for Health Marie			
11:30-12:30 Roll & Restore Bodil Starts Sept. 28						
			1:00-2:00 Forever Fit Michelle			
	1:30-3:30 Minds in Motion See class details for registration	1:00-2:00 Better Balance See class details for registration				
2:15-3:15pm Better Hips & Knees**			2:15-3:15pm Better Hips & Knees**			
ACTIVITY ROOM						
GYMNASIUM						
	1:00-2:30 Power over Parkinsons See class details for registration info		1:00-2:30 Power over Parkinsons See class details for registration info			

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Downtown facility hours Mon-Fri 5:30am-9:00pm Sat-Sun 7am-7pm

Class Descriptions

Yoga for EveryBODY

Offers the fundamentals of yoga postures, breath, and stillness of mind for all ages, stages and abilities. Every-BODY can do yoga!

Yoga Fusion

Simple yoga flow infused with strength, balance, and low-impact cardio. Use of light dumbbells, resistance bands and stability ball.

Stretch for Health

Gentle full body stretching to improve flexibility, balance, coordination and body awareness. Combines both standing and mat based movements.

Forever Fit

A chair-based workout designed for active agers or those with limited mobility. A variety of exercises focusing on strength, balance, and flexibility. Great for those looking to add or maintain functional fitness in their routine.

Forever Strong

Build strength and improve balance through low impact functional movement. All fitness levels welcome.

Nia

A sensory-based movement practice that draws from martial arts, dance arts, and healing arts. It empowers people of all shapes and sizes by connecting the body, mind, emotions, and spirit.

Roll and Restore

Re-hydrate your muscles, release soft tissue and fascial tension, enhance recovery and muscle flexibility using foam rolling and yoga techniques.

Balance, Strength, and Stretch

Work on your balance and strength with static holds and a full body stretch. Low intensity, all levels welcome.

SPECIALTY PROGRAMS*

Minds in Motion

Minds in Motion is a fitness and social program for people living with any form of early-stage dementia along with a family member, friend, or other care partner. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Care partners must attend. Registration fees include the cost of the person living with dementia and one care partner. Start at any time and pay a prorated registration fee. To register or learn more about these in person Minds In Motion programs, please contact Tara Hildebrand at THildenbrand@alzheimerbc.org

Power over Parkinson's

A specific group exercise program to maintain or improve and encourage independence and safety in individuals with parkinson's disease. For intake contact Stefanie Foo at stefanie.foo@interiorhealth.ca, once screened by IHA you may register.

Better Hips and Better Knees

An exercise class for people wanting to improve their strength and function either before or after hip/knee joint replacement surgery. It is recommended individuals be at least 6 weeks post-op and have a doctor's consent to participate in exercise. Dates Vary.

Better Balance

This 8 week program will focus on seated and stand balance strategies for people at high risk who are current Home Health clients. The 50 min class will involve strength and balance exercises that clients will be able to adapt to their own home. Activator poles and getting down to the ground and backup will be reviewed. Please contact Cristiane Cruz at cristiane.cruz@interiorhealth.ca for approval of registration.