Bob Chan-Kent Family YMCA

Group Fitness Schedule – Effective September 8th

Stat Holidays: Sept. 30, October 12 and November 11 - No group fitness classes. Pool closed

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
Morning/Afternoon - Open to 4:00pm						
Cycle (CS) 6:15am-7:00am	**Strength** (G) 6:15am-7:00am	**Cycle** (CS) 6:15am–7:15am	**Sweat** (G) 6:15am-7:00am	**Cycle** (CS) 6:15am-7:15am		
Aquafit (P) 8:00am-9:00am	**Aquafit** (P) 8:00am-8:45am	**Aquafit** (P) 8:00am-9:00am	**Aquafit** (P) 8:00am-8:45am	**Aquafit** (P) 8:00am-9:00am	**Aquafit** (P) 9:00am-9:45am	
Hatha Yoga (FS) 9:15am – 10:15am	**Strength & Balance Express** (MP) 8:30am– 9:15am	**Dance** (FS) 9:15am – 10:15am	**Strength & Balance Express** (MP) 8:00am – 8:45am	**Strength** (FS) 9:15am – 10:15am		
Strength (G) 9:15am - 10:15am	**Step & Strength** (FS) 9:15am – 10:15am	**Sweat** (G) 9:15am – 10:15am	**Step** (FS) 9:15am – 10:15am	**Sweat** (G) 9:15am – 10:15am	**Step** (FS) 9:15am – 10:15am	
Cycle (CS) 9:15am BACK IN OCT.		**Cycle** (CS) 9:15am BACK IN OCT.	**Cycle** (CS) 9:15am BACK IN OCT.		**Cycle** (CS) 9:15am – 10:15am	**Cycle** (CS) 8:15am – 9:00am
***NEW!* Gentle Aquafit** (P) 10:00am – 10:30am		**Adult Water Walking** (P) 10:00am – 10:30am	**Chair Yoga** (MP) 9:30am – 10:15am	***NEW!* Aquafit** (P) 10:00am – 10:45am	**Pre-Teen Orientation** (FF) 11:00am – 12:00pm	**Pre-Teen Orientation** (FF) 9:00-10:00am
	Aquafit (P) 10:00am – 10:45am	**Vinyasa Yoga** (FS) 10:45am – 11:45am	**Gentle Aquafit** (P) 10:00am – 10:30am	**Yin Yoga** (FS) 10:30am – 11:30am		**Teen Orientation** (FF) 10:00am – 11:00am
Gentle Cardio (G) 10:45am – 11:30am	**Strength Express** (FS) 10:45am - 11:30am	**Gentle Cardio** (G) 10:45am – 11:30am	**Strength Express** (FS) 10:45am - 11:30am	**Gentle Cardio** (G) 10:45am – 11:30am	**Dance** (FS) 10:45am – 11:45am	**Restorative Yoga** (FS) 10:00am – 11:15am
Stretch (FS) 11:45am – 12:30pm	**Adult Walking** (G) 11:00am – 11:30am		**Adult Walking** (G) 11:00am – 11:30am	**Core & Stretch** (FS) 11:45am – 12:30pm		
Lunch Express (MP) 12:15pm – 12:45pm	**Gentle Basics** (MP) 11:30am – 12:30pm	**Gentle Flow Yoga** (FS) 12:00pm – 1:00pm	**Gentle Basics** (MP) 11:30am – 12:30pm			
	Gentle Basics Circuit (FF) 1:30pm – 2:30pm	**Strength & Balance Express** (MP) 12:00pm – 12:45pm	**Gentle Basics** (MP) 12:45pm – 1:45pm			
Gentle Cardio & Tone (G) 1:30pm-2:30pm		**Gentle Cardio & Tone** (G) 1:30pm-2:30pm				
Adult Water Walking (P) 2:00pm-2:30pm	**Adult Water Walking** (P) 2:00pm-2:30pm	**Adult Water Walking** (P) 2:00pm-2:30pm	**Adult Water Walking** (P) 2:00pm-2:30pm	**Adult Water Walking** (P) 2:00pm-2:30pm		
Evening – 4:00pm - Close						
Teen Orientation (FF) 4:00- 5:00pm		**Teen Orientation** (FF) 4:00- 5:00pm				
Pre-Teen Orientation (FF) 5:00pm-6:00pm						
***NEW!* Cycle** 5:30-6:15pm						
Vinyasa Yoga (FS) 5:30-6:30pm	**Vinyasa Yoga** (FS) 5:30-6:30pm	**Hatha Yoga** (FS) 5:30-6:30pm	**Vinyasa Yoga** (FS) 5:30-6:30pm			
Sweat (G) 5:30pm – 6:30pm		**Strength** (G) 5:30 – 6:30pm	***New!* Bollywood Dance** (FS) 6:45-7:30pm	**Sweat** (FS) 5:30-6:30pm		
Core (FS) 6:45pm-7:45pm	**Cycle** 6:45pm-7:45pm	**Cycle** (CS) 6:45pm-7:45pm	**Sweat** (G) 6:45pm – 7:45pm			
Aquafit (P) 7:15pm-8:00pm		***NEW!* Aquafit** (P) 7:15-8:00pm	**Aquafit** (P) 7:15pm-8:00pm		***Updated Aug. 20 KP***	
For bookings, live updates, instructors and class descriptions, please check the YMCA BC app.						