YMCA BC

# Tong Louie Family YMCA

## Fall 2026 Group Fitness Schedule

Updated October 16, 2026

**Room Guide:**

(G) Gymnasium · (ST1) Studio 1 · (ST2) Studio 2

(P) Pool · (FF) Fitness Floor

15 minutes set up or take down period for all programs

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|
| **Morning** | | | | | | |
| **Y Cycle fit (ST1)** 6:00 – 7:00 am | **Y Cycle fit (ST1)** 5:45 – 6:45 am | **Group Power(ST2)** 6:00 – 7:00 am | **Y Cycle fit (ST1)** 6:00 – 7:00 am | **Y Cycle fit (ST1)** 6:00 – 6:45 am | **Y Cycle fit (ST1)** 8:00 – 8:45 am | **Core&Stretch(ST2)** 8:00 – 8:45 am |
| **Group Power (ST2)** 8:00 – 9:00 am | **Y Tone (ST2)** 6:00 – 6:45 am | **Y Aqua fit (P)** 8:15 – 9:00 am | **Y Chair Yoga (ST2)** 8:15 – 9:00 am | **Y Aqua fit (P)** 8:15 – 9:00 am | **Y Strength (G)** 8:15 – 9:15 am | **Y Aqua fit (P)** 8:15 – 9:00 am |
| **Y Aqua fit (P)** 8:30 – 9:15 am | **Y Chair Yoga (ST2)** 8:15 –9:00 am | **Y Tone (ST2)** 9:00 – 9:45 am | **Group Power (G)** 9:00 – 10:00 am | **Y Aquafit (P)** 9:15 – 10:00 am | **Y Aqua fit (P)** 8:15 – 9:00 am | **Y Cycle fit (ST1)** 9:00 – 10:00 am |
| **Y Cardio Strength (ST2)** 9:15 – 10:15 am | **Y Aqua fit (P)** 8:30 – 9:15 am | **Y Cycle fit (ST1)** 9:00 – 10:00 am | **Y Synergy (FF)** 9:30 – 10:15 am | **Y Step (ST2)** 9:15 – 10:15 am | **Zumba Toning (ST2)** 9:15 – 10:15 am | **Bolly X (ST2)** 9:00 – 10:00 am |
| **Y Strength (G)** 9:15 – 10:15 am | **Y Synergy (FF)** 9:00 – 9:45 am | **Y Yoga (ST2)** 10:00 – 11:00 am | **Y Yoga(ST2)** 10:30 –11:30 am | **Y Strength (G)** 9:00 – 10:00 am | **Group Power (G)** 9:30 – 10:30 am | **Group Power (ST2)** 10:15 – 11:15am |
| **Y Yoga (ST2)** 10:30 -11:30 am | **Y Step Strength (ST2)** 9:15 – 10:00am | **Fitness Orientation (FF)** 10:15 – 10:45 am | **Y Gentle (ST2)** 11:45 – 12:45 pm | **Zumba (ST2)** 10:30 – 11:30 am | **Y Yoga (ST2)** 10:45 - 11:45am | |
| | **Y Yoga (ST2)** 10:15 – 11:15pm | **Y Gentle (ST2)** 11:15 – 12:15 pm | | | **Y Thrive** 11:00 – 12:00pm | |
| | **Y Gentle (ST2)** 11:30– 12:30pm | | | | | |
| **Afternoon/Evening** | | | | | | |
| **Fitness Orientation (FF)** 12:00 – 12:45pm | **Fitness Orientation (FF)** 12:00 – 12:45pm | **Group Power (ST2)** 5:15 – 6:15 pm | **Y Thrive** 3:00 – 4:00 pm | **Y Thrive** 3:00 – 4:00 pm | **Core&Stretch (ST2)** 12:15 - 1:00pm | |
| **Y Thrive** 3:00 – 4:00 pm | **Y Dance (ST2)** 5:30 – 6:30 pm | **Y Cycle fit (ST1)** 6:00– 6:45 pm | **Y Strength (ST2)** 4:15 – 5:15 pm | **Y Strength (ST2)** 5:30 – 6:30 pm | **Y Strength (ST2)** 2:00 – 3:00 pm | |
| **Y Cycle fit (ST1)** 5:30– 6:15 pm | **Y Cycle fit (ST1)** 6:30 – 7:15 pm | **Y Step Strength (ST2)** 6:30 – 7:30 pm | **Core&Stretch(ST1)** 5:30 – 6:15 pm | **Zumba Toning (ST2)** 6:45 – 7:30 pm | | |
| **Group Power (ST2)** 5:30 – 6:30 pm | **Zumba (ST2)** 6:45 – 7:45 pm | **Zumba (G)** 6:45 – 7:45 pm | **BollyX (ST2)** 6:00 – 7:00pm | | | |
| **Y Step (ST2)** 6:45 – 7:45 pm | | **Y Yoga (ST2)** 8:00 – 9:00pm | **Y Strength (G)** 7:15 – 8:15pm | | | |
| **Y Aqua fit (P)** 7:30 – 8:15 pm | | | | | | |

**Schedule subject to change without notice.** **ymcabc.ca/locations/tong-louie-ymca**

## Class descriptions:

| Class | Description |
|---|---|
| **Chair Yoga** | This class is an introduction to basic breathing techniques, posture, and relaxation exercises. Using a chair as an assist. |
| **Hatha Yoga** | This class is an introduction to basic breathing techniques, posture, and relaxation exercises. |
| **Core & Stretch** | A workout that includes a variety of exercises to improve your back strength, abdominal strength, balance, mobility, stability, and coordination. |
| **Step** | Using a non-slip step to do choreographed fitness step routines for a variety of fitness levels |
| **Strength** | Using barbells, dumbbells, and your own body weight, this powerful workout will have you feeling a burn long after you are finished. |
| **Step Strength** | An easy-to-follow step workout that zeroes in on intensity and power movements, using some additional fitness equipment. |
| **Tone** | Gentle Tone is a low-impact class to help regain fitness after injury or increase strength and endurance through slower technique work. |
| **Synergy** | Train with some variety using battle ropes, TRX suspension trainers, medicine balls, cables and kettle bells. |
| **Group Power** | Combining traditional strength exercises with the hottest functional training moves to make you fitter and stronger. |
| **Zumba** | Join us for a calorie-burning, easy-to-follow dance fitness-party™ choreographed to Latin and international rhythms. |
| **BollyX** | A vibrant and entertaining dance suitable for all fitness levels. It gives a whole-body workout while dancing to the rhythm of joy with a powerful nature of Bollywood music. |
| **Cycle Fit** | 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. |
| **Cardio Dance** | A fun cardio workout class while dancing to a variety of music. |
| **Y THRIVE** | Designed for all fitness levels, it provides personalized workout plans and coaching to help you stay active, reach your goals, and enjoy the journey. |
| **Aquafit** | A shallow water medium intensity workout, using water and equipment for resistance, toning muscles, and increasing endurance and flexibility. By using your body's natural buoyancy, water reduces joint stress while creating natural resistance to work your muscles. |