YMCA BC

Bettie Allard YMCA

Group Fitness Schedule

Updated Oct 8th, 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	SATURDY	SUNDAY
Morning / Afternoon – 6:00 am to 4:00 pm						
Cycle Fit (C) 6:00-6:45am	**Synrgy** (FF) 6:15-7:00am	**Synrgy** (FF) 6:15-7:00am	**Cycle Fit** (C) 9:00-9:45 am	**Bootcamp** (S) 8:00am-9:00am	**Aquafit** (WP) 8:00-8:45am	**Aqua Yoga** (WP) 8:00-8:45am
Core (S) 7:45-8:45am	**Cycle Fit** (C) 7:30-8:15am	**Hatha Yoga** (S) 7:00-8:00am	**Cardio Dance** (G) 9:15-10:15am	**Cycle Fit** (C) 9:00am-9:45am	**Synrgy** (FF) 8:00-8:45am	**Synrgy** (FF) 8:00-8:45am
Bootcamp (S) 9:00-10:00am	**Strength** (S) 8:00-9:00am	**Zumba Gold** (S) 8:15-9:00pm	**Synrgy** (FF) 10:15-11:00 am	**Zumba**(S) 9:15-10:15am	**Synrgy** (FF) 9:00-9:45am	**Synrgy** (FF) 9:00-9:45am
Aquafit (LP) 9:15-10:00am	**Cardio Dance** (G) 9:15-10:15am	**Y Strength & Cardio** (S) 9:15-10:15am	**Tai Chi** (S) 1:30-2:30pm	**Synrgy** (FF) 10:15-11:00am	**Step/Sculpt** (S) 8:45-9:45am	**Muscle up** (S) 8:45-9:45am
Synrgy (FF) 10:15-11:00am	**Synrgy** (FF) 10:15-11:00am	**Aquafit** (LP) 10:30-11:15am	**Y Chair Gentle Strength** (S) 2:45-3:45 pm	**Healthy Heart** (FC) 10:30–12:00 pm	**Cycle Fit** (C) 9:30-10:15am	**Y Cardio Dance** (S) 10:00-11:00am
Y Gentle Strength & Cardio (S) 10:15-11:15am	**Gentle Core** (S) 10:15-11:15am	**Healthy Heart** (FC) 10:30–12:00 pm		**Pilates** (S) 11:30-12:30pm	**Y Cardio Dance** (S) 10:00-11:00am	**Cycle Fit** (C) 10:15-11:15am
Y Gentle Yoga and Relaxation (S) 11:30-12:30pm	**Aquafit** (LP) 10:30-11:15am			**Y Chair Gentle Strength** (S) 1:45-2:45pm	Sep **26** to Nov **14** **MTM** (S) 11:15-1:15pm	**Core** (S) 11:15-12:15pm
Tai Chi (S) 1:45-2:45pm	**Subtle Mindful Yoga/Qigong** (S) 11:30-12:30pm				**Y Chair Gentle Strength** (WT) 12:15-1:15pm	**Y Chair Gentle Strength** (S) 1:45-2:45pm
Y Dance - Easy Groove (S) 4:00-5:00pm	**Y Chair Gentle Strength** (S) 1:30-2:30pm				**(Reg.) Karate** (S) 1:30-3:30pm	
					Tai Chi (S) 3:45-4:45pm	
Evening – 4:00pm to Close						
Step/Sculpt (S) 5:00-6:00pm	**Strength** (S) 4:45-5:45pm	**Ropes&Repes** (S) 5:00-5:45pm	**Strength** (S) 4:45-5:45 pm	**Synrgy** (FF) 4:00-4:45pm		
Synrgy (FF) 5:00-5:45pm	**Synrgy** (FF) 5:00-5:45pm	**Synrgy** (FF) 5:00-5:45pm	**Synrgy** (FF) 5:00-5:45 pm	**Jump&Cardio**(S) 4:45-5:45 pm		
5k Running (L) 6:30-7:30pm	**Synrgy** (FF) 6:00-6:45pm	**Core** (S) 6:00-7:00pm	**Synrgy** (FF) 6:00-6:45 pm	**Strength** (S)5:00-6:00pm	**Yoga Therapy** (S) 6:00-7:00pm	**Iyengar Yoga** (S) 7:00-8:00pm
Partner Salsa(S) 6:30-7:30pm	**(Reg.) Karate** (S) 6:00-7:00pm	**Y Gentle Yoga & Relaxation** (S) 7:30-8:30pm	**(Reg.) Karate** (S) 6:00-7:00 pm	**Step** (S) 6:15-7:15pm		
kickboxing (FC) 7:15-8:15pm	**Dance** (G) 6:15-7:15pm	**Cycle Fit** (C) 7:30-8:15 pm	**Pilates** (FC) 6:00-7:00pm	**Aquafit** (LP) 7:45-8:30pm		
Hatha Yoga (S) 7:45-8:45pm	**Sweat** (S) 7:15-8:15pm	**Aquafit** (LP) 7:45-8:30pm	**Zumba** (G) 6:15-7:15 pm	**Kickboxing** (S) 7:30-8:30 pm		
Circuit (FF) 8:00-9:00pm	**Cycle Fit** (C) 8:00-8:45pm		**Sweat** (S) 7:15-8:15 pm			
			Hatha Yoga (FC) 7:15-8:15 pm			

Room Guide: (S) Studio· (G) Gymnasium· (C) Cycle Studio· (FF) Fitness Floor· (WT) Walking Track. (FC) Family Centre-3rd Floor · (LP) Lane Pool· (WP) Warm Pool· (L) Lobby· (Reg) Registered Program.

Class	Description
Pilates	Focuses on your core, breathing, and muscular integration to improve your posture, and to align your body.
Hatha Yoga	This class is an introduction to basic breathing techniques, posture, and relaxation exercises.
Gentle Yoga	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.
Yoga Therapy	To support mental and physical well-being, reduce stress and anxiety.
Mindful Yoga	The practice of using a small soft Pilates ball; using breath/body/mind together in a slow and controlled manner; in a calm/focused state to really connect to our body, bringing more awareness where we are strong or where the weakness shows up.
Jump Rope Fitness	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!
Synrgy	Train with our Personal Trainers using a variety of equipment on the Fitness floor as well as some cardio stints on our indoor track.
Burn and Build (advanced)	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.
Y Bootcamp	Bootcamp combines the best of cardiovascular and strength training. Expect to challenge your mind and body as you alternate between high and low intensity exercises through timed intervals of free weights, plyometrics, cardio training & balance work during a circuit style workout. For All levels!
Sweat	is a high-speed, high-energy class with a variety of bodyweight moves to increase your stamina.
Core	Includes a variety of exercises to improve your back strength, abdominal, strength, balance, & coordination.
Step and sculpt	is an easy-to-follow step workout that zeroes in on intensity and power movements, using some additional fitness equipment.
Strength	Using barbells, dumbbells, and your own body weight, this powerful workout will have you feeling a burn long after you are finished.
Chair Gentle strength	Designed to improve posture, co-ordination, endurance strength and balance standing or seated in a chair.
Tai Chi	is a gentle practice that combines slow movements and mindful breathing to improve balance, flexibility, relaxation, focus, and overall well-being. This beginner-friendly class introduces basic Tai Chi movements in a supportive group environment to help reduce stress and promote healthy movement.
Partner Sala Plus	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.
Zumba	A calorie-burning, easy-to-follow dance fitness-party™ choreographed to Latin and international rhythms.
Zumba Gold	A fun, easy-to-follow dance fitness class featuring low-impact movements and Latin and international rhythms. Designed for active older adults and anyone looking for a gentler, lower-intensity Zumba experience.
Cardio Dance	A Fun Cardio workout class while dancing to a variety of music with a little bit of Cardio kick boxing.
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.
Aqua Yoga	Practice Aqua Yoga to strengthen your muscles and increase your mobility with little impact to your joints.
Shallow/Deep Aquafit	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.
5K/10K Running Groups	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.