Langara Family YMCA

Group Fitness Schedule

For bookings, live updates, instructors and class descriptions, please check the YMCA BC app.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Y Gentle 8:00am-9:00am Gym	**Y Gentle** 8:00-9:00am Fitness Studio	**Y Gentle** 8:00-9:00am Gym	**Y Tone** 9:45-10:45am Fitness Studio	**Y Gentle** 8:00-9:00am Gym	**Y Stretch** 9:15-10:15am Fitness Studio	**Y Hatha Yoga** 8:15-9:15am Fitness Studio
Y Tone 9:30-10:30am Fitness Studio	**Y Flow Yoga** 11:45-12:45pm MPR	**Group Power** 9:30-10:30am Fitness Studio	**Y Flow Yoga** 11:00-12:00pm Fitness Studio	**Y Synrgy** 9-9:45am Synergy Room	**Y Dance** 10:30-12:00pm MPR	**Y-Synrgy** 9:30-10:15am Synrgy Room
Y Line Dance – Begin/improve 12:45-2:15pm Fitness Studio	**Y Line Dance– Beginner/Improver** 12:00-1:30pm Fitness Studio	**Y Synergy** 10:30-11:15am Synergy Room	**Y Line Dance Intermediate** 12:15-1:45pm Fitness Studio	**Group Power** 9:30-10:30am Fitness Studio	**Y Boxing** 3:15-4:15pm Fitness Studio	**Y Sweat** 9:30-10:15am Fitness Studio
Y Strength 4:30-5:20pm Fitness Studio	**Line Dance-Beginner** 1:15-2:45pm MPR	**Y Hatha Yoga** 12:00-1:00pm Fitness Studio	**Y Power Yoga** 3:45-4:45pm Fitness Studio	**Y Synergy** 10-10:45am Synergy Room		**Y Synrgy** 10:30-11:15am Synrgy Room
Y Step 5:30-6:20pm Fitness Studio	**Y Tone** 4:45-5:45pm Fitness studio	**Y Line Dance - Beginner** 2:45-4:15pm Fitness Studio	**Y Cycle** 5:00-6:00pm Fitness Studio	**Y Pilates** 11:00-12:00pm Fitness Studio		**Bollywood** 1:00-2:00pm Fitness Studio
MTM *(Starts Oct 5th)* 6:00-7:00pm Synrgy Room	**Y Synrgy** 6:00-6:45pm Synrgy Room	**Y Synrgy** 3:30-4:15pm Synrgy Room	**Y Step** 6:10-7:10pm Fitness Studio	**Y Hatha Yoga** 12:15-1:00pm Fitness studio		
Y Hatha Yoga 6:30-7:20pm Fitness Studio	**Y Cycle** 6:00-7:00pm Fitness Studio	**Y Strength** 4:30-5:30pm Fitness Studio	**MTM** *(Starts Oct 5th)* 6:00-7:00pm Synrgy Room	**Y Line Dance - Beginner/Improver** 1:30-3:00pm Fitness Studio		
MTM *(Starts Oct 5th)* 7:15-8:15pm Synrgy Room	**Y JAS-DO** 7:15-8:30pm Fitness Studio	**Y Synrgy** 5:30-6:15pm Synrgy Room	**MTM** *(Starts Oct 5th)* 7:15-8:15pm Synrgy Room	**Y Strength** 4:30-5:30pm Fitness Studio		
Y Pilates 7:30-8:30pm Fitness Studio		**Y Step** 5:45-6:45pm Fitness Studio	**Y Line Dance-Begin** 7:15-8:45pm Fitness Studio	**Y Tone** 5:45-6:45pm Fitness studio		
		Y Line Dance-Improver 7:00-8:30pm MPR		**Y Synrgy** 6:00-6:45pm Synrgy Room		
				Zumba 7:00-8:00pm Fitness Studio		

Class	Description
Y Pilates	This class focuses on your core, breathing, and muscular integration to improve your posture, and to align your body.
Y Yoga/core	A combination of traditional yoga and core exercises.
Y Hatha Yoga	This class is an introduction to basic breathing techniques, posture and relaxation exercises.
Y Power Yoga	This style combines the athletics of Ashtanga with the flow of Vinyasa. Power yoga practice can include almost any yoga pose, put together in sequences designed to build strength and endurance
Y Flow Yoga	focuses on the connection between breath, movement, and the mind. It is based on the principles of hatha yoga, vinyasa yoga and ashtanga vinyasa. This style of yoga is often referred to as 'flow' because it moves from one pose to another in a continuous, smooth way.
Y Yin Yoga	slow-paced style of yoga (as exercise), incorporating principles of traditional Chinese medicine
Y Stretch	All about setting aside time to stretch muscles, improve posture and proper body alignment
Step & Strength	Step & Strength is an easy-to-follow step workout that zeroes in on intensity and power movements, using some additional fitness equipment.
Y Strength	Using barbells, dumbbells, and your own body weight, this powerful workout will have you feeling a burn long after you are finished.
Y Step	Using a non-slip step to do choreographed fitness step routines for a variety of fitness levels
Y Sweat	Y Sweat is a high-speed, high-energy class with a variety of bodyweight moves to increase your stamina.
Y Gentle	Class designed to improve posture, coordination and balance. Best suited for anyone returning from an injury, with mobility issues or older adults.
Y Synergy	Combining traditional strength exercises with functional training moves to make you fitter and stronger, circuit style.
Y Cardio Strength	A light weight-based class incorporating some elements of dance
Group Power	Combining traditional strength exercises with the hottest functional training moves to make you fitter and stronger.
Y Tone	Gentle Tone is a low-impact class to help regain fitness after injury or increase strength and endurance through slower technique work.
Zumba	Join us for a calorie-burning, easy-to-follow dance fitness-party™ choreographed to Latin and international rhythms.
Y Cardio Dance	A Fun Cardio workout class while dancing to Pop Music.
Y Line Dance	Line dancing benefits the body and the mind. It teaches you to move your body and improve your balance while moving to the beat.
Y Cycle	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.
Circuit Boxing	can be used to develop aerobic fitness, anaerobic capacity, strength/speed endurance and ability to maintain movement under fatigue.
Intermediate Boxing	For those who have been taking Y Boxing on Saturdays at 3:30 for at least 3 months consistently and are ready for more technical work.
Y Belly dance	Catered to people who want to explore another form of movement while exploring Middle Eastern music, dance, and culture. An all-level class open to everyone.
Bollywood	A vibrant and entertaining dance that is suitable for all fitness levels. It gives a whole body workout while dancing to the rhythm of joy with the powerful nature of Bollywood music.
Y Dance	This is a dance class with cardio and athletic benefits (meaning artistry over athleticism).