Shine On YMCA BC

Robert Lee YMCA

Group Fitness Schedule – November 2026

Room Guide:

(H) Hume Studio - (A) Active Living Studio 2
(G) Full Gym - (W) West Gym - (E) East Gym
(P) Pool - (F) Functional Room

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Synergy (F) 7:15-8am	**Mindfulness Yoga** (A) 7-8am	**Cycle** (H) 7:15-8am	**Strength** (W)7-8am	**Power Yoga** (A) 6:30–7:30am	**Power Yoga** (A) 7:30–8:30am	**Cycle** (H) 9-9:45am
Strength (W) 8:30-9:30am	**Cardio Kickboxing** (W) 8:15-9am	**Hatha Yoga** (A) 7:30-8:30am	**Vinyasa Yoga** (A) 7-8am	**Cycle** (H) 7:15-8am	**Step** (W) 8:15-9:15am	**Mossa Group Power** (G) 9:30-10:30am
Aquafit (P) 9:30-10:15am	**Synergy** (F) 9:30-10:15am	**Synergy** (F) 8:00-8:45am	**Gentle Tone** (W)9:15-10:15am	**Strength** (W) 8-9am	**Cycle** (H) 9:30-10:30am	**Flow Yoga** (A) 10-11am
Hatha Yoga (A) 11-12:15pm	**Gentle Tone** (W) 9:30-10:30am	**Gentle Tone** (G) 9-10am	**Aquafit** (P)10:45-11:30am	**Gentle Tone** (G) 10:30-11:45am	**Strength** (W) 9:30-10:15am	**Zumba** (W)10:45-11:30am
Gentle Tone (W) 11:15-12:15pm	**Aquafit** (P) 10:45-11:30am	**Aquafit** (P)10:15-11am	**Hatha Yoga** (A) 11-12:15pm	**Flow Yoga** (A) 10:45-11:45am	**Vinyasa Yoga** (A)10-11:15am	**Hatha Yoga** (A) 7-8pm
Mossa Group Power (W) 12:30-1:30pm	**Hatha Yoga** (A) 11-12pm	**Hatha Yoga** (A) 11-12pm	**Circuit Bootcamp** (W) 12:15-1pm	**Aquafit** (P)12-12:45pm	**Persian Dance** (W)10:45-11:30am	
Mindfulness Yoga (A)3-4pm	**Mossa Group Power** (W)12-1pm	**Group Power** (W) 12-1pm	**Vinyasa Yoga** (A) 1:30-2:30pm	**Yin Yoga** (A) 12:00-1:00pm	**Hatha Yoga** (A) 12:30-1:30pm	
Hip Hop (W) 4:45-5:45pm	**Hatha Yoga** (A) 2:30-3:30pm	**Y Bosu** (W) 1:15-2:15pm	**Barre** (W) 4:15-5:15pm	**Cycle** (H) 12:15-1:15pm		
Power Yoga (A) 5-6pm	**Synergy** (F) 3-3:45pm	**Afro Dance** (A) 4:15-5pm *	**Pilates** (A) 5:15-6pm	**Hatha Yoga** (A) 1:30-2:30pm		
Step and Strength (G)6-7pm	**Vinyasa Flow Yoga** (A) 4:45-5:45pm	**Cycle** (H) 5-5:45pm	**Hybrid Conditioning**(W) 5:30-6:30pm	**Synergy** (F) 3-3:45pm		
Cycle (H) 6-7pm	**Step and Strength** (G)5:30-6:30pm	**Hatha Yoga**(A) 5:15-6:15pm	**Cardio Dance Intermediate** (E) 5:30-6:15pm	**Advanced Step**(W) 4:30-5:30pm		
Synergy (F) 6:15-7pm (F) 7:15-8pm	**Cycle** (H) 6-7pm	**Strength** (G) 5:30-6:30pm	**Cycle** (H) 6-6:45pm	**Pilates** (A) 5:15-6pm		
Hatha & Meditation Yoga (A)6:15-7:1 5pm	**Synergy** (F) 6:15-7pm (F) 7:15–8pm	**Synergy** (F) 5:15-6pm (F) 7:30- 8:15pm	**Synergy** (F) 6:15-7pm (F) 7:15-8pm	**Strength** (G) 5:45-6:45pm		
Cycle (H) 7:15-8pm	**Persian Dance** (A)7:30-8:30pm	**Vinyasa Yoga** (A) 6:45-7:45pm	**Mossa Group Power** (G) 6:45-7:45pm	**Ashtanga Vinyasa Yoga** (A)7:30-8:30pm		
Yin & Meditation Yoga (A)7:30-8:45pm	**Vinyasa yoga** (A)6:15-7:15pm	**Cycle** (H) 6-6:55pm	**Vinyasa Yoga** (A) 6:15-7:15pm	**Power Yoga** (A) 6:15-7:15pm		
Zumba (W) 7:15-8pm		**Advanced Step** (W)6:45-7:45pm	**Brazilian Partner Dance** (A)7:30-8:30pm			
Calisthenics (F) 8:15-9pm		**Advanced Mobility** (A) 8-9pm				

Class	Description
Pilates	This class focuses on your core, breathing, and muscular integration to improve your posture, and to align your body.
Power Yoga	A more intense style similar to Ashtanga and some Vinyasa focusing on strength and relaxation.
Hatha Yoga	This class is an introduction to basic breathing techniques, posture, and relaxation exercises.
Flow Yoga	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.
Synergy	This is an intermediate to intense level class, designed for participants with prior fitness experience. Combining traditional strength exercises with the hottest functional training moves to make you fitter and stronger.
Step and Strength	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.
Step	Using a non-slip step to do choreographed fitness step routines for a variety of fitness levels
Mossa Group Power	Combining traditional strength exercises with the hottest functional training moves to make you fitter and stronger to the beat of the music.
Gentle Tone	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.
Cardio Dance	A Fun Cardio workout class while dancing to Pop Music.
Persian Dance	Experience the beauty and elegance of Persian dance. Whether you're new to dance or have some experience, this class is for you!
Hip hop	A fun, high-energy class that gets you moving to the beat! Learn fresh choreography, improve coordination, and build confidence, all while having a great time.
Barre	A fun, full-body workout combining ballet, Pilates, and strength training. Improve posture, flexibility, and core strength with low-impact movements set to energizing music. Perfect for all levels—no dance experience needed.
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.
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.
Brazilian Partner Dance	Our Brazilian Zouk and Forró classes welcome all levels. Learn smooth, expressive partner dancing in Zouk and enjoy the fun, rhythmic energy of Forró in a friendly social atmosphere.