



Group Fitness Schedule

Bettie Allard YMCA

2023 March



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------|--|---|--|--|--|---|---|
| MORNING | Y Cycle Fit Karen 6:00am-6:45am | | Y Cycle Fit Wendy 6:00am-6:45am | | Y Cycle Fit Karen 6:00am-6:45am | | |
| | Y Strength Rojan 8:00am-8:45am | Y Strength Y Staff 8:00am-8:45am | Y Strength Wendy 8:00am-8:45am | | Y Strength Rojan 8:00am-8:45am | Y Strength Malia 9:00am-9:45am | Y Cycle Rojan 8:00am-8:45am |
| | | | Y Cycle Fit Giovanna 8:00am-8:45am | | Y Cycle Fit Marisa 9:00am-9:45am | | Y Strength Jessica S 9:00am-9:45am |
| | | Zumba Patricia 9:00am-10:00am | | Zumba Bianca 9:00am-10:00am | | Y Cardio Dance (Latin) Barbara 9:00am-10:00am | |
| AFTERNOON | Y Core Rojan 9:15am-10:15am | Power Yoga *NEW* Jessica E 9:15am-10:15am | Y Cardio Dance (Latin)* Barbara 9:15am-10:15am | Y Sweat Rojan 9:15am-10:15am | Y Core Rojan 9:15am-10:15am | | Step & Sculpt *NEW* Sara Z 9:30am-10:30am |
| | | Y Shallow Aqua Fit Bianca 9:15am-10:00am | Y Deep Aqua Fit Bianca 9:15am-10:00am | | | Y Core Jessica S 10:15am-11:15am | Y Hatha Yoga Emily 11:30am-12:30pm |
| | Y Hatha Yoga Jessica E 11:00am - 12:00 pm | Y Pilates Bianca 11:00am-12:00pm | Y Vinyasa Flow Jill S 11:30am-12:30pm | Y Gentel Yoga Connie 11:00am-12:00pm | Y Hatha Yoga Jessica E 11:30am-12:30pm | Line Dance Kelly Lim 1:00pm-2:30pm | Y Pilates Jessica S 12:45pm-1:45pm |
| | | | Y Hatha Yoga *NEW* Jessica E 1:00pm-2:00pm | | Y Line Dance Linda and Susan Dee 1:30pm-3:00pm | Y Shallow Aqua Fit Bianca 2:00pm-2:45pm | |
| | Y Strength Ishwarjot 5:00pm-5:45pm | Y Strength Ishwarjot 5:00pm-5:45pm | Y Strength Malia 5:00pm-5:45pm | Y Strength Ishwarjot 5:00pm-5:45pm | Y Strength Malia 5:00pm-5:45pm | | |
| | | Y Restorative Yoga Ruby 5:00pm-6:00pm | Y Circuit *NEW* Malia 6:00pm-7:00pm | Y Restorative Yoga Ruby 5:00-6:00pm | | | |
| | Y Core Jessica S 6:00pm-7:00pm | Y Core* Malia 6:15pm-7:15pm | Y Pilates Giovanna 6:00pm-7:00pm | Y Sweat* Mari 6:15pm-7:15pm | Y Cycle Fit *NEW* Lucia 6:30-7:15 | | |
| | Y Cycle Fit Lucia 6:30-7:15 | | | | Y Shallow Aqua Fit Aida 8:00 pm - 8:45 pm | | |
| | Y Cardio Dance (Latin) Barbara 7:30pm-8:30pm | Y Yoga Emily 8:00pm-8:45pm | Y Hatha Yoga Hannah 8:00pm-9:00pm | Y Cardio Dance (Latin) Barbara 7:30pm-8:30pm | Y Yoga Hannah 8:00pm-9:00pm | | |
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| Locations of classes: | Studio | Gymnasium | Pool | Fitness Floor | Cycle Studio |
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| DESCRIPTIONS | |
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| Y Core | A workout that includes a variety of exercises to improve your back strength, abdominal strength, balance and coordination. |
| Y 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. |
| Y Cardio Dance | A fun cardio workout as well as dancing to popular music. |
| Y Gentle Basics | 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. Chair Yoga will be coming soon! |
| Y Hatha Yoga | An introduction to basic breathing techniques, postures and relaxation exercises. |
| Y Pilates | Focusing on your core, breathing and muscular integration to improve your posture, and to align your body. |
| Y Shallow Aqua Fit | This aerobics class in shallow water is a fun, safe and effective way to tone muscles, burn calories and keep fit without stressing your joints! It's perfect if you are new to aquafit. All levels welcome. |
| Y Step and Sculpt | Step & Sculpt uses an adjustable, non-slip platform step and Weights for a calorie-burning, stamina enhancing, muscle toning class to suit all fitness levels |
| Y Strength | Using barbells, bands, dumbbells and your own bodyweight, this powerful workout will have you feeling a burn long after you are finished. |
| Y Circuit | Learn how to use our Life Fitness Strength Circuit Machines while getting a full body working out at the same time. There are 11 machines plus 1 cardio option. You will start with a warm up, go through each machine 3 times doing 12 reps and then finish off with a stretch. All Levels Welcome. |
| Y Sweat | A high speed, high energy class with a variety of bodyweight moves to increase your stamina. |
| Y Synrgy | Train with our Personal Trainers using a variety of equipment such as battle ropes, TRX® suspension trainers, medicine balls, cables, dumbbells, bands, steps, bosu's, body balls, rower, kettle bells on the Fitness floor as well as some cardio stints on our indoor track. |
| Y Vinyasa | An emphasis on postures that synchronize your breath and movement, this class helps you develop core strength, breath awareness and improve your spine's alignment. |
| Y Restorative Yoga | Subtle yoga for the greater nervous system resilience and brain function. Happy joints, happy core. |
| Y Power Yoga | Power yoga is a fast-paced cardiovascular workout focused on building strength and flexibility in the body through high-impact yoga postures. The definition of power yoga varies depending on where you practice, but there are some core characteristics that most power yoga classes have in common: strength-building. |
| Y Chair Yoga | Chair yoga allows you to perform yoga poses while seated or using a chair for balance. Chair-based yoga offers the same benefits as traditional yoga, like boosting strength, flexibility, and mental well-being. |
| Y 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. |
| Y Yoga | This class is an introduction to basic breathing techniques, postures and relaxation exercises. |
| Y Deep Aqua Fit | Deep water aerobics is performed in water that submerges the body up to the neck. Having your full body working against the resistance of the water makes the exercises more challenging. If you are not a swimmer and would like to try, the shallow side is also available. All levels welcome. |
| Zumba | Join us for a calorie-burning, easy-to-follow dance fitness-party™ choreographed to Latin and international rhythms. |

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| ADDITIONAL INFORMATION | Additional classes will be added to the schedule. Please continue to check our website for updates. |
| | Schedules, registrations and availability are subject to change. For accuracy always check Mindbody on our website. |
| | Bookings and cancellations can be made between 6:00 a.m. and 11:00 p.m. daily. Our booking system is unavailable overnight. Cancellations must be made 3 hours in advance. |
| | No-Show Policy - If you miss three or more of your bookings or do not cancel within 3 hours of your time slot, your advance booking privileges will be deactivated for two weeks. For those members who are not able to book in advance, the YMCA will offer a standby option. |
| | Standby Policy – Members who reserved a space will need to arrive 5 mins prior to the class start time. If members do not arrive, the space may be given to a standby user and the registered member will forego their spot. |
| Learn more about our Code of Conduct and Health and Safety : www.gv.ymca.ca/health-safety | |

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| Bettie Allard YMCA: 604 686 9622 | For Membership Inquiries: info@bc.ymca.ca 604 939 9622 | <i>Updated: March 9, 2023</i> |
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