

Group Fitness Schedule

Bettie Allard YMCA

Fall 2023



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Y Hatha Yoga		Y Vinyasa Flow		Ashtanga Yoga		
	Maria		Maria		Maria		
	6:00am-7:00am		6:00am-7:00am		6:00am-7:00am		
	Y Cycle Fit		Y Cycle Fit		Y Cycle Fit		
	Karen		Karen		Karen		
	6:00am-6:45am		6:00am-6:45am		6:00am-6:45am		
		•	Y Synrgy				
			Rojan				
(D			8:00am-8:45am				
MORNING		Y Salsa		Zumba	Y Cycle Fit	Zumba	Y Synrgy
Z		Barbara		Bianca	Marisa	Barbara	Jessica S
R		9:15am-10:15am		9:15am-10:15am	9:00am-9:45am	9:00am-10:00am	9:00am-9:45am
Š	Y Hula Hoop Fitness*NEW*	Power Yoga	Zumba	Y Step & Sculpt *NEW*		Y Cycle Fit	
_	Maria	Jessica E	Barbara	Sara Z		Marisa	
	9:15am-10:15am	9:30am-10:30am	9:15am-10:15am	9:15am-10:15am		9:30am-10:15am	
		Y Shallow Aqua Fit	Y Deep Aqua Fit		Cardio Dance*Bi-weekly*	Y Step & Sculpt	Y Core
		Bianca	Bianca		Bianca	Sara Z/Bianca	Jessica S
		9:15am-10:00am	9:15am-10:00am		9:15am-10:15am	10:15am-11:15am	10:15am-11:15am
		Y Synrgy		Y Synrgy		Y Hatha Yoga	
		Russ		Russ		Emily	
		10:15am-11:00am		10:15am-11:00am		11:30am-12:30pm	
	Y Hatha Yoga	Y Pilates	Y Vinyasa Flow	Y Gentle Yoga	Y Hatha Yoga	Line Dance	
	Jessica E	Bianca/Dorothea	Jill S	Connie	Jessica E	Kelly Lim	
	11:00am-12:00pm	11:00am-12:00pm	11:30am-12:30pm	11:00am-12:00pm	11:30am-12:30pm	1:00pm-2:30pm	
	Y Chair Yoga	Y Gentle Yoga	Y Shallow Aqua Fit*Oct.*			Y Shallow Aqua Fit	
Z	Connie	Connie	Nima			Nima	
ō	12:15pm-1:15pm	12:15pm-1:15pm	11:15am-12:00pm			2:00pm-2:45pm	
9			Fluid Hatha Yoga*Oct.*		Line Dance		Fluid Hatha Yoga*Oct.*
æ			Thomas		Linda & Susan		Thomas
AFTERNOON			4:30pm-5:30pm		4:30pm-6:00pm		4:00pm-5:00pm
ΑF	Y Synrgy	Y Synrgy	Y Synrgy	Y Synrgy	Y Synrgy		
	Ishwarjot	Ishwarjot	Jessica S	Ishwarjot	Ishwarjot		
	5:00pm-5:45pm	5:00pm-5:45pm	5:00pm-5:45pm	5:00pm-5:45pm	5:00pm-5:45pm		
	Y Circuit		Y Circuit	Subtle Mindful Yoga *Oct.*	Y Circuit		
	Brian		Jessica S	Ruby	Brian		
	6:00pm-7:00pm	V.C	6:00pm-7:00pm	5:00-6:00pm	6:00pm-7:00pm		
(5)	Y Core	Y Synrgy	Y Pilates	Y Synrgy	Zumba		
ž	Jessica S	Ishwarjot	Giovanna	Ishwarjot	Barbara		
EVENING	6:00pm-7:00pm	6:00pm-6:45pm	6:00pm-7:00pm	6:00pm-6:45pm	6:30pm-7:30pm		
8	Y Cycle Fit Lucia		Y Cycle Fit Lucia	Y Salsa Barbara	Y Shallow Aqua Fit Aida		
ш					7:45pm-8:30pm		
	6:00-6:45pm Zumba	V Voga	6:00-6:45pm	6:15pm-7:15pm			
	Barbara	Y Yoga Emily	Y Hatha Yoga Hannah	Yoga Nidra Connie	Y Vinyasa Hannah		
الي	7:30pm-8:30pm	8:00pm-9:00pm	8:00pm-9:00pm	7:30pm-8:30pm	8:00pm-9:00pm		
	7.30pm-6.30pm	6.00pm-3.00pm	8.00pm-3.00pm	7.30pm-6.30pm	6.00pm-3.00pm		
	Locations of	classes:	Studio	Gymnasium	Pool	Fitness Floor	Cycle Studio

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	Zumba	Join us for a calorie-burning, easy-to-follow dance fitness-party™ choreographed to Latin and international rhythms. ®			
DESCRIPTIONS	Y Cardio Dance	A fun cardio workout while doing Cardio Kick box moves and dancing to popular music.			
	Y Salsa	Join us for easy-to-follow dance steps choreographed to Latin rhythms.			
	Y Hula Hoop Fitness	Y Hula Hoop Fitness is all about putting the fun back into your fitness! Combining tried and tested fitness techniques with hip-shakin' hula hoops, it will burn those calories, tone those abs and, above all, give you a feel-good workout you will want MORE of!			
	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 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 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 Sweat	A high speed, high energy class with a variety of bodyweight moves to increase your stamina.			
	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 Gentle Basics	A class designed to improve posture, co-ordination, endurance strength and balance standing or seated in a chair. *Coming Soon*			
	Y Core	A workout that includes a variety of exercises to improve your back strength, abdominal strength, balance and coordination.			
	Y Pilates	Focusing on your core, breathing and muscular integration to improve your posture, and to align your body,			
	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 Hatha Yoga	An introduction to basic breathing techniques, postures and relaxation exercises.			
	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 Yoga	This class is an introduction to basic breathing techniques, postures and relaxation exercises.			
	Y Restorative Yoga	Subtle yoga for the greater nervous system resilience and brain function. Happy joints, happy core.			
	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.			
	Ashtanga	Ashtanga is a very dynamic and athletic form of hatha yoga, made up of six series or levels, with a fixed order of postures. It is rooted in vinyasa, the flowing movements between postures, with a focus on energy and breath. While it is a very physical practice, it also promotes mental clarity and inner peace.			
	Subtle Mindful Yoga	Focus's on breath for concentration using Yoga Therapy tools and techniques for self empowerment and self care to help you relieve stress and live a better life by building resilience in the Nervous System & optimize brain function.			
	Yoga Nidra	Yoga Nidra is a form of deep relaxation where the practitioner's body is completely relaxed and the teacher guides them with verbal instructions. A typical session lasts 30-45 minutes. It is most often taught with the student lying down being guided by a teacher. *Bring own blanket*			
	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 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.			
	Additional classes will be adde	ed 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

ADDITIONAL INFORMATION

604-939-9622 Spatied Sept. 213t, 2023	Bettie Allard YMCA: 604-686-9622	For Membership Inquiries: info@bc.ymca.ca 604-939-9622	Updated: Sept. 21st, 2023
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