



# Robert Lee YMCA Group Fitness Schedule

Updated April 22, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45am-7:45am Group Power - West Gym Devon	7:00am-7:45am Y Strength - West Gym Adam	7:00am-8:00am Y Vinyasa Yoga - ALS2 Sadaf	6:30am-8:00am Bookable Court Badminton			
7:15am-8:15am Y Power Yoga - ALS2 MJ	9:15am-10:00am Aquafit - Pool Venus	7:15am-8:00am Y Core - West Gym Veronica	7:00am-8:00am Y Vinyasa Yoga - ALS2 Laura			
9:15am-10:00am Aquafit - Pool Homa	10:45am-11:30am Y Latin Dance - West Gym Ana	9:00am-10:00am Y Gentle Tone - West Gym Faye	9:15am-10:00am Aquafit - Pool Kylan	10:00am-11:00am Y Power Yoga - ALS2 Kiley	8:15am-9:15am Y Step - West Gym Mark	8:30am-9:30am Step & Strength - West Gym Carlos
9:45am-10:45am Y Hatha Yoga - ALS2 Hamid	11:00am-12:00pm Y Hatha Yoga - ALS2 Adele	9:45am-10:30am Aquafit - Pool Shadi	11:00am-12:15pm Y Hatha Yoga - ALS2 Adriaan	10:45am-11:45am Y Gentle - Gym Venus	8:30am-9:30am Y Hatha Yoga - ALS2 Nima	9:30am-10:15am Y Cycle - Hume Luli
11:00am-12:15pm Y Hatha Yoga - ALS2 Adriaan	12:15pm-1:00pm Y Strength - West Gym Andrew	11:00am-12:15pm Y Hatha Yoga - ALS2 Odile	12:00pm-12:45pm Y Sweat - West Gym Max	12:00pm-1:00pm Y Stretch Adv. - ALS2 Bob	9:30am-10:15am Y Cycle - Hume Teresa	9:45am-10:45am Group Power - West Gym Reza & Devon
11:15am-12:15pm Y Gentle Tone - West Gym Shadi		12:00pm-1:00pm Y Bosu- West Gym Gustavo		12:15pm-1:00pm Y Cycle - Hume Shadi	9:30am-10:30am Y Strength - West Gym Mary	10:30am-11:30am Zumba Toning - East Gym Gaby
12:30pm-1:30pm Group Power - West Gym Shadi					10:00am-11:15am Y Vinyasa Yoga - ALS2 Shadi	11:00am-12:15pm Pilates Yoga Fusion - ALS2 Jill
1:00pm-1:35pm Y Stretch - ALS2 Jeunesse					11:30am-12:45pm Y Flow Yoga - ALS2 Lucy	11:00am-11:45pm Bookable Court Badminton
3:00pm-4:00pm Strength - West Gym Waad					11:45am-2:00pm Badminton	11:45am-2:00pm Badminton
						4:45pm-6:45pm Volleyball

	4:15pm-5:15pm Group Power - West Gym Andrew		1:15pm-3:15pm Volleyball	
	4:30pm-5:15pm Y Cycle - Hume Alicia	4:30pm-5:15pm Y Sweat - West Gym Alicia	4:30pm-5:30pm Y Cycle - Hume Moe	4:30pm-5:30pm Y Step - West Gym Michael
	4:30pm-5:30pm Cardio Dance - East Gym Mary	5:15pm-6:15pm Cardio Dance - East Gym Ashley	5:15pm-6:00pm Y Pilates - ALS2 Sean	5:00pm-6:00pm Y Hatha Yoga - ALS2 Orna
3:45pm-4:45pm Y Power Yoga - ALS2 Rahele	5:00pm-6:00pm Y Vinyasa Yoga - ALS2 Kirti	5:15pm-6:15pm Y Power Yoga - ALS2 Matthew	5:30pm-6:30pm Y Adv. Step - West Gym Gustavo	5:30pm-6:30pm Zumba - East Gym Erika
5:00pm-6:00pm Y Power Yoga - ALS2 Tomo	5:30pm-6:30pm Y Step & Strength - Gym Mark	5:30pm-6:30pm Y Barre - West Gym Nicola	5:45pm-6:30pm Cardio Dance - East Gym Andrew	5:45pm-6:30pm Y Cycle High Int. - Hume Carlito
6:00pm-7:00pm Y Step & Strength - Gym Kristina	6:00pm-6:45pm Y Cycle - Hume Donald	6:00pm-6:45pm Y Cycle - Hume Leonie	6:00pm-6:45pm Y Cycle - Hume Hector	5:45pm-6:45pm Strength - West Gym Devon
6:00pm-7:00pm Y Cycle - Hume Martin	6:15pm-7:15pm Y Power Yoga - ALS2 Hannah	6:30pm-7:30pm Y Vinyasa Yoga - ALS2 Paul	6:45pm-7:45pm Group Power - West Gym Angie	6:15pm-7:15pm Y Hatha Yoga - ALS2 Helia
6:30pm-7:30pm Y Vinyasa Yoga - ALS2 Lauren	6:45pm-8:15pm Futsal	6:45pm-7:45pm Bollywood-East Gym Esha	7:30pm-8:30pm *** Karate - ALS2	7:00pm-8:15pm 1st Session Volleyball
7:15pm-8:00pm Zumba - West Gym Tony	7:30pm-8:30pm *** Karate - ALS2	6:45pm-7:45pm Y Strength - West Gym Noor	8:15pm-9:45pm Futsal	8:30pm-9:45pm 2nd Session Volleyball

Online schedule



For live updates, please check the YMCA BC app.

This schedule is subject to change without notice.

\*\*\* Registered program

Full Gym Sports	ALS2	Hume	Full Gym	West Gym	East Gym	Pool



## Robert Lee YMCA Fitness Class Descriptions

Y Pilates	This class focuses on your core, breathing, and muscular integration to improve your posture, and to align to your body.
Y Power Yoga	A more intense style of yoga similar to ashtanga and vinyasa focusing on strength and relaxation.
Y Hatha Yoga	This class is an introduction to basic breathing techniques, postures and relaxation exercises. Focus your mind and relax by bringing your nervous system into a state of calm and healing.
Y Vinyasa Yoga	With 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 Flow Yoga	This class focuses on the connection between breath, movement and the mind. This class combines hatha, vinyasa and ashtanga yoga. This style of yoga is often referred to as "flow" because it moves from one pose to another in a continuous, smooth way.
Pilates Yoga Fusion	Pilates Yoga Fusion will consist 15-20 minutes of myofascial release with foam rollers, 25 minutes of pilates, 25 minutes of yoga and a 5 minute savasana.
Y Stretch	This class is all about setting aside time to stretch the muscles, improve posture and proper body alignment.
Y Stretch Advanced	This class has an emphasis on foam rolling techniques and advanced mobility techniques. The goal of the class is to help condition and improve a range of motion and stability through passive and dynamic stretch routines.
Y Step	This class uses a non-slip step platform to do choreographed step routines for a variety of fitness levels.
Y Step & Strength	This class is an easy-to-follow step workout that zeroes in on intensity and power movements, using some additional fitness equipment. This is for anyone who loves step classes and wants to mix them with some strength work for a full-body workout.
Y Advanced Step	This class is an advanced step for those looking for a challenge.
Y Strength	Using barbells, dumbbells, and your own body weight, this powerful workout will have you feeling a burn long after you are finished. This class is for anyone that wants to build muscle and lift weights in a class environment.
Y Core	A workout that includes a variety of exercises to improve your back strength, abdominal strength, balance and coordination. This is for anyone who wants to focus on their mid-section in a structured environment.
MOSSA Group Power	Combining traditional strength exercises with the hottest functional training moves to make you fitter and stronger. This class is a high-intensity choreographed workout to the beat of the music.
Y Gentle Tone	This is a low-impact class to help regain fitness after injury or increase strength and endurance through lower technique work. This class is suitable for anyone returning from injury or older adults.
Zumba Toning	Cardio-dance moves challenging yourself adding resistance using light weights, focusing on specific muscle groups.
Zumba	Join us for a calorie-burning, easy-to-follow dance fitness-party™ choreographed to Latin and international rhythms.
Y Dance Bollywood	Bollywood dance is a vibrant and entertaining class that is suitable for all fitness levels. It gives a whole body workout while dancing to the rhythm with powerful bollywood music.
Y Cardio Dance	This class is a fun cardio workout while dancing to popular music.
Y Cycle	This class is for anyone who loves to get a sweat-up using their bicycle. This class also has varying intensity, is suitable for all experience levels and uses various cycling techniques to keep the workout varied.
Y Cycle High Intensity	This high intensity intervals cycle training will increase your fitness level, your VO2Max and it will help you with weight loss. Expect raising above 120bpm for up to a minute.
Y Sweat	This class is a high-speed, high energy class with a variety of bodyweight moves to increase your stamina. This is for anyone that enjoys a high-energy class and wants to constantly move.
Y Barre	This class is a dynamic, energizing class that integrates the ballet barre, weighted balls, and other equipment to provide a full body stretch and strength workout.
Y 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.
Karate	Registered Karate program for those ages 7+ starting February 6 to March 28. Pricing \$160 for members and \$240 for non-members.
Volleyball	Bookable volleyball session of 28 people, with 4 teams of 6 players with 1 rotating spare player.
Futsal	Bookable futsal session of 20 people, with 4 teams of 5 players. Similar to indoor soccer, with a smaller court and smaller teams.
Badminton	Bookable badminton session of 24 people, split into teams to rotate through 3 courts.
Bookable Court Badminton	Members can book one of three badminton courts to play with other members or guests.