

Group Fitness Schedule Updated March 6th, 2025

Room Guide:

(S) Studio · (G) Gymnasium · (C) Cycle Studio ·
(FF) Fitness Floor · (FC) Family Centre-Third Floor ·
(LP) Lane Pool · (WP) Warm Pool · (L) Lobby

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning / Afternoon – 6:00am to 5:00pm						
Cycle Fit (C) 6:00am-6:45am	Strength (S) 8:00am-9:00am		Cycle Fit (C) 7:00am-7:45am	Bootcamp (S) 8:00am-9:00am	Synrgy (FF) 8:00am-8:45am	Mindful Movement (S) 7:45am-8:30am
	Salsa Plus (G) 9:15am-10:15am	Step/Sculpt (S) 9:15am-10:15am	C-Dance (G) 9:15am-10:15am	Cycle Fit (C) 9:00am-9:45am	Step/Sculpt (S) 9:00am-10:00am	Aqua Yoga (WP) 8:00am-8:45am
Aquafit (LP) 9:15am-10:00am	Gentle Yoga (S) 9:15am-10:15am				Cycle Fit (C) 9:30am-10:15am	Synrgy (FF) 9:00am-9:45am
Jump Rope (S) 10:15am-11:00am	Synrgy (FF) 10:15am-11:00am	Shallow/Deep Aquafit (LP) 10:30am-11:15am	Synrgy (FF) 10:15am-11:00am	Bi-weekly Aqua Yoga (LP) 9:15am-10:00am	C-Dance (S) 10:15am-11:15am	Persian Dancing (S) 9:00am-10:00am
Mindful Yoga (S) 11:30am-12:30pm	Pilates (S) 10:25am-11:25am		Gentle Yoga (S) 10:30am-11:30am		Hatha Yoga-Intermediate (S) 11:30am-12:30pm	10K Running Group (L) 9:00am-10:30am
Synrgy (FF) 11:45am-12:30pm	Aquafit (LP) 10:30am-11:15am				Aquafit (LP) 1:45pm-2:30pm	Core (S) 10:15am-11:15am
Core (S) 12:45pm-1:45pm	Chair Gentle Basics (S) 1:30pm-2:30pm	Chair Gentle Basics (S) 1:30pm-2:30pm		Chair Gentle Basics (S) 1:30pm-2:30pm		
Evening – 4:00pm to Close						
Sweat (S) 5:00pm-5:45pm	Strength (S) 4:45pm-5:45pm		Mindful Yoga (S) 4:45pm-5:45pm	Synrgy (FF) 4:00pm-4:45pm		Jump Rope (S) 4:00pm-4:45pm
Synrgy (FF) 6:00pm-6:45pm	Synrgy (FF) 5:00pm-5:45pm	Synrgy (FF) 5:00pm-5:45pm	Synrgy (FF) 5:00pm-5:45pm	Strength (S) 5:00pm-6:00pm		Sound Healing Yoga (S) 5:00pm-6:00pm
	Synrgy (FF) 6:00pm-6:45pm	Core (S) 6:00pm-7:00pm	Synrgy (FF) 6:00pm-6:45pm	Synrgy (FF) 5:00pm-5:45pm		
Cycle Fit (C) 6:00pm-6:45pm	Cycle Fit (C) 6:00pm-6:45pm	Cycle Fit (C) 6:00pm-6:45pm	Pilates (FC) 6:00pm-7:00pm	Cycle Fit (C) 6:00pm-6:45pm		
Partner Salsa (S) 6:30pm-7:30pm	Karate (S) 6:00pm-7:00pm		Karate (S) 6:00pm-7:00pm			
	Zumba (G) 6:15pm-7:15pm		Dance (G) 6:15pm-7:15pm			
Hatha Yoga-Advance (S) 7:45pm-8:45pm			5k Running Group (L) 6:30pm-7:30pm	Shallow Aquafit (LP) 7:45pm-8:30pm		
	Yoga (S) 8:00pm-9:00pm	Hatha Yoga (S) 8:00pm-9:00pm	Sweat (S) 7:30pm-8:30pm	Vinyasa (S) 8:00pm-9:00pm		
Updated on March 6 th 2025						
For bookings, live updates, instructors and class descriptions, please check the YMCA BC app.						

Class	Description
Pilates	This class focuses on your core, breathing, and muscular integration to improve your posture, and to align your body.
Sound Healing Yoga	Sound healing uses sound vibrations to promote relaxation and healing. Sound healing can be incorporated into yoga classes, and yogis have been aware of its healing power for thousands of years.
Hatha Yoga	This class is an introduction to basic breathing techniques, posture and relaxation exercises.
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.
Subtle Mindful Yoga/Qigong	Allows interoceptive awareness which means listening to your body's physical sensations - your pattern of self-talk - emotional reactions - mental thoughts and patterns of how you relate to yourself (your subtle energy). Enhance your sensing ability that builds your relationship between body-mind-breath connection.
Jump Rope Fitness	A low-impact workout, focusing on the fundamentals of jump rope, including proper form, basic bounce, crosses, and beginner tricks. Just bring your enthusiasm and get ready to jump your way to better fitness!
Mindful Movement	The practice of using a small soft Pilates ball; using breath/body/mind together in a slow and controlled manner; in a calm/focused state to really connect to our body, bringing more awareness where we are strong or where the weakness shows up.
Chair Gentle Basics	A class designed to improve posture, co-ordination, endurance strength and balance standing or seated in a chair.
Synrgy	Train with our Personal Trainers using a variety of equipment on the Fitness floor as well as some cardio stints on our indoor track.
Circuit	Learn how to use our Life Fitness Strength Circuit Machines while getting a full body working out at the same time. All Levels Welcome.
Sweat	Y Sweat is a high-speed, high-energy class with a variety of bodyweight moves to increase your stamina.
Core	A workout that includes a variety of exercises to improve your back strength, abdominal strength, balance, and coordination.
Step and Strength	Step & Strength is 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.
Dance/Dance Groove	Dance Fitness is a workout that combines rhythmic movements with a variety of music that will keep you motivated and energized throughout the class. /Dance Groove warms up the body's energy/chakra centers then go into free-style dancing to funk music.
Partner Sala Plus	Partner dances are for all audiences and ages. Excellent way to meet people and make friends! Have fun and learn different cultures. Includes Salsa, Samba, Zouk, Forro, Tango, etc.
Salsa Plus	Join us for easy-to-follow dance steps choreographed to Latin rhythms.
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 a variety of music with a little bit of Cardio kick boxing.
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!
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.
Aqua Yoga	Practice Aqua Yoga to strengthen your muscles and increase your mobility with little impact to your joints.
Shallow/Deep Aquafit	Deep water is performed in water that submerges the body up to the neck. If you are not a swimmer and would like to try, the shallow side is also available. Shallow water is medium intensity, using water and equipment for resistance, toning muscles, and increasing endurance and flexibility. All levels welcome.
5K/10K Running Groups	A fun way to be outside with a few friends! Join the runners of Bettie Allard for a local outdoor 5k/10K route in our wonderful neighborhood! We meet in the Lobby at Bettie Allard.