

## Group Fitness Schedule

Updated on May 24, 2025. For bookings, live updates, instructors and class descriptions, please check the YMCA BC app.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Morning – Open to 12:00pm</b>						
<b>Y Gentle</b> 8:00am-9:00am Gym	<b>Y Gentle</b> 8:00-9:00am Fitness Studio	<b>Y Gentle</b> 8:00-9:00am Gym	<b>Y Gentle</b> 8:00-9:00am Gym	<b>Y Gentle</b> 8:00-9:00am Gym	<b>Y Step &amp; Strength</b> 8:15-9:00am Fitness Studio	<b>Y Hatha Yoga</b> 8:15-9:15am Fitness Studio
<b>Y Tone</b> 9:30-10:30am Fitness Studio	<b>Y-Synrgy</b> 9:00-9:45am Synrgy Room	<b>Y Cardio Strength</b> 9:30-10:30am Fitness Studio	<b>Y Tone</b> 9:45-10:45am Fitness Studio	<b>Group Power</b> 9:30-10:30am Fitness Studio	<b>Y Stretch</b> 9:30-10:30am Fitness Studio	<b>Y-Synrgy</b> 9:30-10:15am Synrgy Room
<b>Y-Synrgy</b> 10:00-10:45am Synrgy Room	<b>Y Line Dance–Begin/improve</b> 10:00 - 11:30am Fitness Studio	<b>Group Power</b> 10:45-11:45am Fitness Studio		<b>Y-Synrgy</b> 10:00-10:45am Synrgy Room	<b>Y Hatha Yoga</b> 10:45-11:45am Fitness Studio	<b>Y-Sweat</b> 10:30-11:30am Fitness Studio
<b>Y Yoga/Core</b> 10:45-11:45am Fitness Studio	<b>Y-Synrgy</b> 10:00-10:45am Synrgy Room			<b>Y-Synrgy</b> 11:00-11:45am Synrgy Room	<b>Intermediate Boxing</b> 11:00-12:00pm Synrgy Room	<b>Y Synrgy</b> 10:30-11:15am Synrgy Room
				<b>Y-Pilates</b> 11:15-12:05pm Fitness Studio		<b>Y Pilates</b> 11:45-12:45pm Fitness studio
<b>Afternoon – 12:00pm to 4:00pm</b>						
<b>Y Line Dance – Begin/improve</b> 12:45-2:15pm Fitness Studio	<b>Y Stretch</b> 3:30-4:15pm Fitness Studio	<b>Y Hatha Yoga</b> 12:00-1:00pm Fitness Studio	<b>Y Line Dance Begin/improve</b> 12:45-2:15pm Fitness Studio	<b>Y Hatha Yoga</b> 12:15-1:05pm Fitness studio	<b>Y Strength</b> 12:00-1:00pm Fitness Studio	<b>Y Belly Dance</b> 1:00-2:15pm Fitness Studio
		<b>Y Line Dance - Beginner</b> 2:45-4:15pm Fitness Studio	<b>Y Yin Yoga</b> 2:30-3:30pm Fitness Studio	<b>Y Line Dance Begin/improve</b> 1:30-3:00pm Fitness Studio	<b>Boxing</b> 2:15-3:15pm Fitness Studio	<b>Y Pilates</b> 3:30-4:30pm Fitness studio
<b>Y Flow Yoga</b> 3:15-4:15pm Fitness Studio		<b>Y Strength</b> 4:30-5:30pm Fitness Studio	<b>Y Hatha Yoga</b> 3:45-4:45pm Fitness Studio	<b>Y Strength</b> 4:30-5:30pm Fitness Studio	<b>Boxing</b> 3:30-4:30pm Fitness Studio	
<b>Evening – 4:00pm to Close</b>						
<b>Y Strength</b> 4:30-5:20pm Fitness Studio	<b>Y Tone</b> 4:45-5:45pm Fitness studio	<b>Boxing</b> 5:30-6:30pm MPR	<b>Y Cycle</b> 5:00-6:00pm Fitness Studio	<b>Bollywood</b> 5:45-6:45pm MPR		
<b>Y Step</b> 5:30-6:20pm Fitness Studio	<b>Y Synrgy</b> 5:30-6:15pm Synrgy Room	<b>Y Synrgy</b> 5:30-6:15pm Fitness Studio	<b>Y Line Dance–Begin</b> 7:00-8:30pm Fitness Studio	<b>Y Tone</b> 5:45-6:45pm Fitness studio		
<b>Y Hatha Yoga</b> 6:30-7:20pm Fitness Studio	<b>Y Cycle</b> 6:00-7:00pm Fitness Studio	<b>Y Step</b> 5:45-6:45pm Fitness Studio				
<b>Y Stretch</b> 7:30-8:30pm Fitness Studio		<b>Y Cardio Dance</b> 7:00-8:00pm Fitness Studio				

Class	Description
<b>Y Pilates</b>	This class focuses on your core, breathing, and muscular integration to improve your posture, and to align your body.
<b>Y Yoga/core</b>	A combination of traditional yoga and core exercises.
<b>Y Hatha Yoga</b>	This class is an introduction to basic breathing techniques, posture and relaxation exercises.
<b>Y Power Yoga</b>	This style combines the athletics of Ashtanga with the flow of Vinyasa. Power yoga practice can include almost any yoga pose, put together in sequences designed to build strength and endurance
<b>Y Flow Yoga</b>	focuses on the connection between breath, movement, and the mind. 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.
<b>Y Yin Yoga</b>	slow-paced style of yoga (as exercise), incorporating principles of traditional Chinese medicine
<b>Y Stretch</b>	All about setting aside time to stretch muscles, improve posture and proper body alignment
<b>Step &amp; Strength</b>	Step & Strength is an easy-to-follow step workout that zeroes in on intensity and power movements, using some additional fitness equipment.
<b>Y Strength</b>	Using barbells, dumbbells, and your own body weight, this powerful workout will have you feeling a burn long after you are finished.
<b>Y Step</b>	Using a non-slip step to do choreographed fitness step routines for a variety of fitness levels
<b>Y Sweat</b>	Y Sweat is a high-speed, high-energy class with a variety of bodyweight moves to increase your stamina.
<b>Y Gentle</b>	Class designed to improve posture, coordination and balance. Best suited for anyone returning from an injury, with mobility issues or older adults.
<b>Y Synergy</b>	Combining traditional strength exercises with functional training moves to make you fitter and stronger, circuit style.
<b>Y Cardio Strength</b>	A light weight-based class incorporating some elements of dance
<b>Group Power</b>	Combining traditional strength exercises with the hottest functional training moves to make you fitter and stronger.
<b>Y Tone</b>	Gentle Tone is a low-impact class to help regain fitness after injury or increase strength and endurance through slower technique work.
<b>Zumba</b>	Join us for a calorie-burning, easy-to-follow dance fitness-party™ choreographed to Latin and international rhythms.
<b>Y Cardio Dance</b>	A Fun Cardio workout class while dancing to Pop Music.
<b>Y Line Dance</b>	Line dancing benefits the body and the mind. It teaches you to move your body and improve your balance while moving to the beat.
<b>Y Cycle</b>	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.
<b>Circuit Boxing</b>	can be used to develop aerobic fitness, anaerobic capacity, strength/speed endurance and ability to maintain movement under fatigue.
<b>Intermediate Boxing</b>	For those who have been taking Y Boxing on Saturdays at 3:30 for at least 3 months consistently and are ready for more technical work.
<b>Y Belly dance</b>	Catered to people who want to explore another form of movement while exploring Middle Eastern music, dance, and culture. An all-level class open to everyone.

<b>Bollywood</b>	A vibrant and entertaining dance that is suitable for all fitness levels. It gives a whole body workout while dancing to the rhythm of joy with the powerful nature of Bollywood music.
------------------	---