

## **Bob Chan-Kent Family YMCA**

Group Fitness Schedule – June 29<sup>th</sup> to Aug 2<sup>nd</sup>

Stat Holidays: July 1<sup>st</sup>, August 4<sup>th</sup>, September 1<sup>st</sup> (No Classes, Pool or Programs)

Updated May 30<sup>th</sup> 2025

**Room Guide:** (G) Gymnasium · (CS) Cycle Studio · (FS) Fitness Studio · (MP) Multi-Purpose Room 2/3 · (P) Pool · (FF) Fitness Floor

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MONDAY	TOESDAT		fternoon - Open		SATURDAT	SUNDAT
Cycle (CS)	Strength (G)	Cycle (CS)	Sweat (G)	Cycle (CS)		
6:15am –	6:15am –	6:15am –	6:15am –	6:15am –		
7:15am	7:00am	7:15am	7:00am	7:15am		
Aquafit (P)	<b>Aquafit</b> (P)	Aquafit (P)	Aquafit (P)	Aquafit (P)		
8:00am –	8:00am –	8:00am –	8:00am -	8:00am –		
9:00am	8:45am	9:00am	8:45am	9:00am		
	Strength & Balance		Strength & Balance		Aquafit (P)	
	Express (MP)		Express (MP)		9:00am –	
	8:30am -		8:00am -		9:45am	
	9:15am		8:45am			
Hatha Vasa	Step &	Dance (FC)	Cton (FC)	Y Strength	Cton (FC)	
Hatha Yoga (FS) 9:15am -	Strength (FS)	<b>Dance</b> (FS) 9:15am –	<b>Step</b> (FS) 9:15am -	Pilot (FS)	<b>Step</b> (FS) 9:15am –	
10:15am	9:15am –	10:15am	10:15am	9:15am –	10:15am	
	10:15am		10.134111	10:15am	10.134111	
Strength (G)		Sweat (G)		Sweat (G)		
9:15am -		Returning in		9:15am –		
10:15am		August		10:15am		
Cycle (CS)		Cycle (CS)	Cycle (CS)		Cycle (CS)	Cycle (CS)
9:15am –		9:15am -	9:15am -		9:15am –	9:15am -
10:15am		10:15am	10:15am		10:15am	10:15am
			Chair Yoga			Pre-Teen
			(MP) 9:30am -			Orientation (FF) 9:30am -
			10:15am			10:00am
Adult Water						Teen
Walking (P)	<b>Aquafit</b> (P)	Hatha Yoga	Gentle Aquafit			Orientation
10:00am -	10:00am -	(FS) 10:45am -				(FF) 10:00am -
10:30am	10:45am	11:45am	10:30am			11:00am
Gentle Cardio	Strength	<b>Gentle Cardio</b>	Strength	<b>Gentle Cardio</b>	Dance (FS)	Restorative
(G) 10:45am –	Express (FS)	(G) 10:45am -	Express (FS)	(G)	10:45am –	Yoga (FS)
11:30am	10:45am -	11:30am	10:45am -	Returning in	11:45am	10:00am -
	11:30am		11:30am	September		11:15am
Stretch (FS)			A -1 4. \A/	Stretch (FS)		
Stretch (13)	Adult Walking		Adult Walking	Stretch (13)		
11:45am –	Adult Walking (G) 11:00am -		(G) 11:00am -	11:45am –		
			_	` ,		
11:45am – 12:30pm	(G) 11:00am -	Strength &	(G) 11:00am -	11:45am – 12:30pm		
11:45am - 12:30pm <b>Gentle Cardio</b>	(G) 11:00am -	Strength & Balance	(G) 11:00am -	11:45am – 12:30pm Gentle Cardio		
11:45am - 12:30pm Gentle Cardio & Tone (MP)	(G) 11:00am - 11:30am	Balance Express (MP)	(G) 11:00am - 11:30am	11:45am – 12:30pm Gentle Cardio & Tone (MP)		
11:45am – 12:30pm <b>Gentle Cardio</b> <b>&amp; Tone</b> (MP) 12:00pm –	(G) 11:00am – 11:30am <b>Gentle Basics</b>	Balance Express (MP) 12:00pm -	(G) 11:00am - 11:30am Gentle Basics	11:45am – 12:30pm <b>Gentle Cardio</b> <b>&amp; Tone</b> (MP) 1:00pm –		
11:45am - 12:30pm Gentle Cardio & Tone (MP)	(G) 11:00am - 11:30am <b>Gentle Basics</b> (MP) 11:30am -	Balance Express (MP) 12:00pm - 12:45pm	(G) 11:00am - 11:30am <b>Gentle Basics</b> (MP) 11:30am -	11:45am - 12:30pm <b>Gentle Cardio</b> <b>&amp; Tone</b> (MP) 1:00pm - 2:00pm		
11:45am – 12:30pm <b>Gentle Cardio</b> <b>&amp; Tone</b> (MP) 12:00pm –	(G) 11:00am - 11:30am <b>Gentle Basics</b> (MP) 11:30am -	Balance Express (MP) 12:00pm - 12:45pm Adult Water	(G) 11:00am - 11:30am <b>Gentle Basics</b> (MP) 11:30am -	11:45am - 12:30pm Gentle Cardio & Tone (MP) 1:00pm - 2:00pm Adult Water		
11:45am – 12:30pm <b>Gentle Cardio</b> <b>&amp; Tone</b> (MP) 12:00pm –	(G) 11:00am - 11:30am <b>Gentle Basics</b> (MP) 11:30am -	Balance Express (MP) 12:00pm - 12:45pm Adult Water Walking (P)	(G) 11:00am - 11:30am <b>Gentle Basics</b> (MP) 11:30am -	11:45am - 12:30pm  Gentle Cardio & Tone (MP) 1:00pm - 2:00pm  Adult Water Walking (P)		
11:45am – 12:30pm <b>Gentle Cardio</b> <b>&amp; Tone</b> (MP) 12:00pm –	(G) 11:00am - 11:30am <b>Gentle Basics</b> (MP) 11:30am -	Balance Express (MP) 12:00pm - 12:45pm Adult Water Walking (P) 2:00pm -	(G) 11:00am - 11:30am <b>Gentle Basics</b> (MP) 11:30am -	11:45am - 12:30pm  Gentle Cardio & Tone (MP) 1:00pm - 2:00pm  Adult Water Walking (P) 2:00pm -		
11:45am – 12:30pm <b>Gentle Cardio</b> <b>&amp; Tone</b> (MP) 12:00pm –	(G) 11:00am - 11:30am <b>Gentle Basics</b> (MP) 11:30am -	Balance Express (MP) 12:00pm - 12:45pm Adult Water Walking (P) 2:00pm - 2:30pm	(G) 11:00am - 11:30am  Gentle Basics (MP) 11:30am - 12:30pm	11:45am - 12:30pm  Gentle Cardio & Tone (MP) 1:00pm - 2:00pm  Adult Water Walking (P) 2:00pm - 2:30pm		
11:45am - 12:30pm Gentle Cardio & Tone (MP) 12:00pm - 1:00pm	(G) 11:00am - 11:30am <b>Gentle Basics</b> (MP) 11:30am -	Balance Express (MP) 12:00pm - 12:45pm Adult Water Walking (P) 2:00pm - 2:30pm	(G) 11:00am - 11:30am <b>Gentle Basics</b> (MP) 11:30am -	11:45am - 12:30pm  Gentle Cardio & Tone (MP) 1:00pm - 2:00pm  Adult Water Walking (P) 2:00pm - 2:30pm		
11:45am - 12:30pm  Gentle Cardio & Tone (MP) 12:00pm - 1:00pm  Ashtanga	(G) 11:00am - 11:30am <b>Gentle Basics</b> (MP) 11:30am -	Balance Express (MP) 12:00pm - 12:45pm Adult Water Walking (P) 2:00pm - 2:30pm	(G) 11:00am - 11:30am  Gentle Basics (MP) 11:30am - 12:30pm	11:45am - 12:30pm  Gentle Cardio & Tone (MP) 1:00pm - 2:00pm  Adult Water Walking (P) 2:00pm - 2:30pm		
11:45am - 12:30pm  Gentle Cardio & Tone (MP) 12:00pm - 1:00pm  Ashtanga Vinyasa Yoga	(G) 11:00am - 11:30am <b>Gentle Basics</b> (MP) 11:30am -	Balance Express (MP) 12:00pm - 12:45pm Adult Water Walking (P) 2:00pm - 2:30pm	(G) 11:00am - 11:30am  Gentle Basics (MP) 11:30am - 12:30pm	11:45am - 12:30pm  Gentle Cardio & Tone (MP) 1:00pm - 2:00pm  Adult Water Walking (P) 2:00pm - 2:30pm		
11:45am - 12:30pm  Gentle Cardio & Tone (MP) 12:00pm - 1:00pm  Ashtanga Vinyasa Yoga	(G) 11:00am - 11:30am <b>Gentle Basics</b> (MP) 11:30am -	Balance Express (MP) 12:00pm - 12:45pm Adult Water Walking (P) 2:00pm - 2:30pm	(G) 11:00am - 11:30am  Gentle Basics (MP) 11:30am - 12:30pm	11:45am - 12:30pm  Gentle Cardio & Tone (MP) 1:00pm - 2:00pm  Adult Water Walking (P) 2:00pm - 2:30pm		
11:45am - 12:30pm  Gentle Cardio & Tone (MP) 12:00pm - 1:00pm  Ashtanga Vinyasa Yoga (FS) 4:00pm - 5:00pm  Bollywood	(G) 11:00am - 11:30am <b>Gentle Basics</b> (MP) 11:30am - 12:30pm	Balance Express (MP) 12:00pm - 12:45pm Adult Water Walking (P) 2:00pm - 2:30pm Even	(G) 11:00am - 11:30am  Gentle Basics (MP) 11:30am - 12:30pm	11:45am - 12:30pm  Gentle Cardio & Tone (MP) 1:00pm - 2:00pm  Adult Water Walking (P) 2:00pm - 2:30pm  Close		
11:45am - 12:30pm  Gentle Cardio & Tone (MP) 12:00pm - 1:00pm  Ashtanga Vinyasa Yoga (FS) 4:00pm - 5:00pm  Bollywood Dance (FS)	(G) 11:00am - 11:30am <b>Gentle Basics</b> (MP) 11:30am - 12:30pm  Vinyasa Yoga	Balance Express (MP) 12:00pm - 12:45pm  Adult Water Walking (P) 2:00pm - 2:30pm  Even	(G) 11:00am - 11:30am  Gentle Basics (MP) 11:30am - 12:30pm  ing - 4:00pm - C	11:45am - 12:30pm  Gentle Cardio & Tone (MP) 1:00pm - 2:00pm  Adult Water Walking (P) 2:00pm - 2:30pm  Close  Sweat (FS)		
11:45am - 12:30pm  Gentle Cardio & Tone (MP) 12:00pm - 1:00pm  Ashtanga Vinyasa Yoga (FS) 4:00pm - 5:00pm  Bollywood Dance (FS) 5:30pm -	(G) 11:00am - 11:30am  Gentle Basics (MP) 11:30am - 12:30pm  Vinyasa Yoga (FS) 5:30pm -	Balance Express (MP) 12:00pm - 12:45pm Adult Water Walking (P) 2:00pm - 2:30pm Even	(G) 11:00am - 11:30am  Gentle Basics (MP) 11:30am - 12:30pm  Vinyasa Yoga (FS) 5:30pm -	11:45am - 12:30pm  Gentle Cardio & Tone (MP) 1:00pm - 2:00pm  Adult Water Walking (P) 2:00pm - 2:30pm  Close  Sweat (FS) 5:30pm -		
11:45am - 12:30pm  Gentle Cardio & Tone (MP) 12:00pm - 1:00pm  Ashtanga Vinyasa Yoga (FS) 4:00pm - 5:00pm  Bollywood Dance (FS) 5:30pm - 6:15pm	(G) 11:00am - 11:30am <b>Gentle Basics</b> (MP) 11:30am - 12:30pm  Vinyasa Yoga	Balance Express (MP) 12:00pm - 12:45pm  Adult Water Walking (P) 2:00pm - 2:30pm  Even  Hatha Yoga (FS) 5:30pm - 6:30pm	(G) 11:00am - 11:30am  Gentle Basics (MP) 11:30am - 12:30pm  ing - 4:00pm - C	11:45am - 12:30pm  Gentle Cardio & Tone (MP) 1:00pm - 2:00pm  Adult Water Walking (P) 2:00pm - 2:30pm  Close  Sweat (FS)		
11:45am - 12:30pm  Gentle Cardio & Tone (MP) 12:00pm - 1:00pm  Ashtanga Vinyasa Yoga (FS) 4:00pm - 5:00pm  Bollywood Dance (FS) 5:30pm - 6:15pm  Sweat (G)	(G) 11:00am - 11:30am  Gentle Basics (MP) 11:30am - 12:30pm  Vinyasa Yoga (FS) 5:30pm -	Balance Express (MP) 12:00pm - 12:45pm  Adult Water Walking (P) 2:00pm - 2:30pm  Even  Hatha Yoga (FS) 5:30pm - 6:30pm  Strength (G)	(G) 11:00am - 11:30am  Gentle Basics (MP) 11:30am - 12:30pm  Vinyasa Yoga (FS) 5:30pm -	11:45am - 12:30pm  Gentle Cardio & Tone (MP) 1:00pm - 2:00pm  Adult Water Walking (P) 2:00pm - 2:30pm  Close  Sweat (FS) 5:30pm -		
11:45am - 12:30pm  Gentle Cardio & Tone (MP) 12:00pm - 1:00pm  Ashtanga Vinyasa Yoga (FS) 4:00pm - 5:00pm  Bollywood Dance (FS) 5:30pm - 6:15pm  Sweat (G) 5:30pm -	(G) 11:00am - 11:30am  Gentle Basics (MP) 11:30am - 12:30pm  Vinyasa Yoga (FS) 5:30pm -	Balance Express (MP) 12:00pm - 12:45pm  Adult Water Walking (P) 2:00pm - 2:30pm  Even  Hatha Yoga (FS) 5:30pm - 6:30pm  Strength (G) 5:30pm -	(G) 11:00am - 11:30am  Gentle Basics (MP) 11:30am - 12:30pm  Vinyasa Yoga (FS) 5:30pm - 6:30pm	11:45am - 12:30pm  Gentle Cardio & Tone (MP) 1:00pm - 2:00pm  Adult Water Walking (P) 2:00pm - 2:30pm  Close  Sweat (FS) 5:30pm - 6:30pm		
11:45am - 12:30pm  Gentle Cardio & Tone (MP) 12:00pm - 1:00pm  Ashtanga Vinyasa Yoga (FS) 4:00pm - 5:00pm  Bollywood Dance (FS) 5:30pm - 6:15pm  Sweat (G) 5:30pm - 6:30pm	(G) 11:00am - 11:30am  Gentle Basics (MP) 11:30am - 12:30pm  Vinyasa Yoga (FS) 5:30pm - 6:30pm	Balance Express (MP) 12:00pm - 12:45pm  Adult Water Walking (P) 2:00pm - 2:30pm  Even  Hatha Yoga (FS) 5:30pm - 6:30pm  Strength (G) 5:30pm - 6:30pm	(G) 11:00am - 11:30am  Gentle Basics (MP) 11:30am - 12:30pm  Vinyasa Yoga (FS) 5:30pm - 6:30pm  Cycle (CS) 5:30pm-6:30pm	11:45am - 12:30pm  Gentle Cardio & Tone (MP) 1:00pm - 2:00pm  Adult Water Walking (P) 2:00pm - 2:30pm  Close  Sweat (FS) 5:30pm - 6:30pm		
11:45am - 12:30pm  Gentle Cardio & Tone (MP) 12:00pm - 1:00pm  Ashtanga Vinyasa Yoga (FS) 4:00pm - 5:00pm  Bollywood Dance (FS) 5:30pm - 6:15pm  Sweat (G) 5:30pm - 6:30pm Core (FS)	(G) 11:00am - 11:30am  Gentle Basics (MP) 11:30am - 12:30pm  Vinyasa Yoga (FS) 5:30pm - 6:30pm  Cycle (CS)	Balance Express (MP) 12:00pm - 12:45pm  Adult Water Walking (P) 2:00pm - 2:30pm  Even  Hatha Yoga (FS) 5:30pm - 6:30pm  Strength (G) 5:30pm - 6:30pm  Cycle (CS)	(G) 11:00am - 11:30am  Gentle Basics (MP) 11:30am - 12:30pm  Vinyasa Yoga (FS) 5:30pm - 6:30pm  Cycle (CS) 5:30pm - 6:30pm  Sweat (G)	11:45am - 12:30pm  Gentle Cardio & Tone (MP) 1:00pm - 2:00pm  Adult Water Walking (P) 2:00pm - 2:30pm  Close  Sweat (FS) 5:30pm - 6:30pm		
11:45am - 12:30pm  Gentle Cardio & Tone (MP) 12:00pm - 1:00pm  Ashtanga Vinyasa Yoga (FS) 4:00pm - 5:00pm  Bollywood Dance (FS) 5:30pm - 6:15pm  Sweat (G) 5:30pm - 6:30pm Core (FS) Returning in	(G) 11:00am - 11:30am  Gentle Basics (MP) 11:30am - 12:30pm  Vinyasa Yoga (FS) 5:30pm - 6:30pm  Cycle (CS) 6:45pm -	Balance Express (MP) 12:00pm - 12:45pm  Adult Water Walking (P) 2:00pm - 2:30pm  Even  Hatha Yoga (FS) 5:30pm - 6:30pm  Strength (G) 5:30pm - 6:30pm  Cycle (CS) 6:45pm -	Gentle Basics (MP) 11:30am – 12:30pm  Vinyasa Yoga (FS) 5:30pm – 6:30pm  Cycle (CS) 5:30pm – 6:30pm  Sweat (G) Returning in	11:45am - 12:30pm  Gentle Cardio & Tone (MP) 1:00pm - 2:00pm  Adult Water Walking (P) 2:00pm - 2:30pm  Close  Sweat (FS) 5:30pm - 6:30pm		
11:45am - 12:30pm  Gentle Cardio & Tone (MP) 12:00pm - 1:00pm  Ashtanga Vinyasa Yoga (FS) 4:00pm - 5:00pm  Bollywood Dance (FS) 5:30pm - 6:15pm  Sweat (G) 5:30pm - 6:30pm Core (FS) Returning in August	(G) 11:00am - 11:30am  Gentle Basics (MP) 11:30am - 12:30pm  Vinyasa Yoga (FS) 5:30pm - 6:30pm  Cycle (CS)	Balance Express (MP) 12:00pm - 12:45pm  Adult Water Walking (P) 2:00pm - 2:30pm  Even  Hatha Yoga (FS) 5:30pm - 6:30pm  Strength (G) 5:30pm - 6:30pm  Cycle (CS)	(G) 11:00am - 11:30am  Gentle Basics (MP) 11:30am - 12:30pm  Vinyasa Yoga (FS) 5:30pm - 6:30pm  Cycle (CS) 5:30pm-6:30pm  Sweat (G) Returning in August	11:45am - 12:30pm  Gentle Cardio & Tone (MP) 1:00pm - 2:00pm  Adult Water Walking (P) 2:00pm - 2:30pm  Close  Sweat (FS) 5:30pm - 6:30pm		
11:45am - 12:30pm  Gentle Cardio & Tone (MP) 12:00pm - 1:00pm  Ashtanga Vinyasa Yoga (FS) 4:00pm - 5:00pm  Bollywood Dance (FS) 5:30pm - 6:15pm  Sweat (G) 5:30pm - 6:30pm Core (FS) Returning in	(G) 11:00am - 11:30am  Gentle Basics (MP) 11:30am - 12:30pm  Vinyasa Yoga (FS) 5:30pm - 6:30pm  Cycle (CS) 6:45pm -	Balance Express (MP) 12:00pm - 12:45pm  Adult Water Walking (P) 2:00pm - 2:30pm  Even  Hatha Yoga (FS) 5:30pm - 6:30pm  Strength (G) 5:30pm - 6:30pm  Cycle (CS) 6:45pm -	Gentle Basics (MP) 11:30am – 12:30pm  Vinyasa Yoga (FS) 5:30pm – 6:30pm  Cycle (CS) 5:30pm – 6:30pm  Sweat (G) Returning in	11:45am - 12:30pm  Gentle Cardio & Tone (MP) 1:00pm - 2:00pm  Adult Water Walking (P) 2:00pm - 2:30pm  Close  Sweat (FS) 5:30pm - 6:30pm		

For bookings, live updates, instructors and class descriptions, please check the YMCA BC app.