

## Group Fitness Schedule Effective August 1<sup>st</sup>, 2025

**\*\* Schedule may change without notice. For bookings, live updates, instructors and class descriptions, please check the YMCA BC app. \*\***

### 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  
(Reg) Registered Programs

| MONDAY                                              | TUESDAY                                         | WEDNESDAY                                           | THURSDAY                                  | FRIDAY                                                     | SATURDAY                                              | SUNDAY                                          |
|-----------------------------------------------------|-------------------------------------------------|-----------------------------------------------------|-------------------------------------------|------------------------------------------------------------|-------------------------------------------------------|-------------------------------------------------|
| <b>Morning / Afternoon – 6:00am to 5:00pm</b>       |                                                 |                                                     |                                           |                                                            |                                                       |                                                 |
| <b>Cycle Fit (C)</b><br>6:00am-6:45am               |                                                 | <b>Hatha Yoga (S)</b><br>7:00am-8:00am              | <b>Cycle Fit (C)</b><br>7:00am-7:45am     | <b>Bootcamp (S)</b><br>8:00am-9:00am                       | <b>Synrgy (FF)</b><br>8:00am-8:45am                   |                                                 |
|                                                     | <b>Strength (S)</b><br>8:00am-9:00am            |                                                     |                                           | <b>Cycle Fit (C)</b><br>9:00am-9:45am                      | <b>Step/Sculpt (S)</b><br>9:00am-10:00am              | <b>Aqua Yoga (WP)</b><br>8:00am-8:45am          |
| <b>Aquafit (LP)</b><br>9:15am-10:00am               | <b>Cardio Dance (G)</b><br>9:15am-10:15am       | <b>Step/Sculpt (S)</b><br>9:15am-10:15am            | <b>C-Dance (G)</b><br>9:15am-10:15am      | <b>Bi-weekly Aqua Yoga (LP)</b><br>9:15am-10:00am          | <b>Cycle Fit (C)</b><br>9:30am-10:15am                | <b>Synrgy (FF)</b><br>9:00am-9:45am             |
|                                                     | <b>Gentle Yoga (S)</b><br>9:15am-10:15am        | (Reg) <b>Healthy Heart</b><br>10:30am-11:45am       |                                           | (Reg) <b>Healthy Heart</b><br>10:30am-11:45am              | <b>C-Dance (S)</b><br>10:15am-11:15am                 | <b>Persian Dancing (S)</b><br>9:00am-10:00am    |
| <b>Mindful Yoga (S)</b><br>11:30am-12:30pm          | <b>Synrgy (FF)</b><br>10:15am-11:00am           | <b>Shallow/Deep Aquafit (LP)</b><br>10:30am-11:15am | <b>Synrgy (FF)</b><br>10:15am-11:00am     | <b>Synrgy (FF)</b><br>10:15am-11:00am                      | <b>Hatha Yoga-Intermediate (S)</b><br>11:30am-12:30pm | <b>Core (S)</b><br>10:15am-11:15am              |
| <b>Synrgy (FF)</b><br>11:45am-12:30pm               | <b>Pilates (S)</b><br>10:25am-11:25am           | <b>Synrgy (FF)</b><br>11:45am-12:30pm               | <b>Gentle Yoga (S)</b><br>10:30am-11:30am |                                                            |                                                       |                                                 |
| <b>Core (S)</b><br>12:45pm-1:45pm                   | <b>Aquafit (LP)</b><br>10:30am-11:15am          |                                                     | <b>Pilates (S)</b><br>12:00pm-1:00pm      | <b>Level Up-Youth Circuit(S)</b> July 11<br>12:00pm-1:00pm |                                                       |                                                 |
| <b>Afternoon – 4:00pm to Close</b>                  |                                                 |                                                     |                                           |                                                            |                                                       |                                                 |
|                                                     | <b>Chair Gentle Basics (S)</b><br>1:30pm-2:30pm | <b>Chair Gentle Basics (S)</b><br>1:30pm-2:30pm     |                                           | <b>Chair Gentle Basics (S)</b><br>1:30pm-2:30pm            | <b>Aquafit (LP)</b><br>1:45pm-2:30pm                  | <b>Chair Gentle Basics (S)</b><br>1:30pm-2:30pm |
| <b>Sweat (S)</b><br>5:00pm-5:45pm                   | <b>Strength (S)</b><br>4:45pm-5:45pm            | <b>Jump Rope HIIT (S)</b><br>5:00pm-5:45pm          | <b>Mindful Yoga (S)</b><br>4:45pm-5:45pm  | <b>Synrgy (FF)</b><br>4:00pm-4:45pm                        |                                                       | <b>Pilates (S)</b><br>3:30pm-4:30pm             |
|                                                     | <b>Synrgy (FF)</b><br>5:00pm-5:45pm             | <b>Synrgy (FF)</b><br>5:00pm-5:45pm                 | <b>Synrgy (FF)</b><br>5:00pm-5:45pm       | <b>Strength (S)</b><br>5:00pm-6:00pm                       |                                                       | <b>Sound Healing Yoga (S)</b><br>5:00pm-6:00pm  |
| <b>Synrgy (FF)</b><br>6:00pm-6:45pm                 | <b>Synrgy (FF)</b><br>6:00pm-6:45pm             | <b>Core (S)</b><br>6:00pm-7:00pm                    | <b>Synrgy (FF)</b><br>6:00pm-6:45pm       | <b>Synrgy (FF)</b><br>5:00pm-5:45pm                        |                                                       |                                                 |
| <b>Cycle Fit (C)</b><br>6:00pm-6:45pm               | <b>Cycle Fit (C)</b><br>6:00pm-6:45pm           | <b>Cycle Fit (C)</b><br>6:00pm-6:45pm               | <b>Pilates (FC)</b><br>6:00pm-7:00pm      | <b>Cycle Fit (C)</b><br>6:00pm-6:45pm                      |                                                       |                                                 |
| <b>Partner Salsa (S)</b><br>6:30pm-7:30pm           | (Reg.) <b>Karate (S)</b><br>6:00pm-7:00pm       |                                                     | <b>Karate (S)</b><br>6:00pm-7:00pm        | <b>Persian Dancing (S)</b><br>6:30pm-7:30pm                |                                                       |                                                 |
| <b>5k Running Group (L)</b><br>6:30pm-7:30pm        | <b>Dance (G)</b><br>6:15pm-7:15pm               |                                                     | <b>Zumba (G)</b><br>6:15pm-7:15pm         | <b>Shallow Aquafit (LP)</b><br>7:45pm-8:30pm               |                                                       |                                                 |
| <b>Hatha Yoga-Intermediate (S)</b><br>7:45pm-8:45pm | <b>Yoga (S)</b><br>8:00pm-9:00pm                | <b>Hatha Yoga (S)</b><br>8:00pm-9:00pm              | <b>Sweat (S)</b><br>7:30pm-8:30pm         | <b>Vinyasa (S)</b><br>8:00pm-9:00pm                        |                                                       |                                                 |

| Class                                  | Description                                                                                                                                                                                                                                                                                                                  |
|----------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Pilates</b>                         | Focuses on your core, breathing, and muscular integration to improve your posture, and to align your body.                                                                                                                                                                                                                   |
| <b>Sound Healing Yoga</b>              | 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.                                                                                                                           |
| <b>Hatha Yoga</b>                      | This class is an introduction to basic breathing techniques, posture and relaxation exercises.                                                                                                                                                                                                                               |
| <b>Gentle Yoga</b>                     | 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.                                                                                  |
| <b>Subtle Mindful Yoga/Qigong</b>      | 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. |
| <b>Jump Rope Fitness</b>               | 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!                                                                                                             |
| <b>Mindful Movement</b>                | 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.                                                                         |
| <b>Chair Gentle Basics</b>             | Designed to improve posture, co-ordination, endurance strength and balance standing or seated in a chair.                                                                                                                                                                                                                    |
| <b>Synrgy</b>                          | Train with our Personal Trainers using a variety of equipment on the Fitness floor as well as some cardio stints on our indoor track.                                                                                                                                                                                        |
| <b>Summer Level Up – Youth Circuit</b> | Get ready to <b>sweat, move &amp; level up</b> your fitness game! This high-energy circuit class is designed just for youth, combining strength, cardio, agility, and fun challenges that will keep you motivated & feeling strong.                                                                                          |
| <b>Sweat</b>                           | Y Sweat is a high-speed, high-energy class with a variety of bodyweight moves to increase your stamina.                                                                                                                                                                                                                      |
| <b>Core</b>                            | Includes a variety of exercises to improve your back strength, abdominal, strength, balance, & coordination                                                                                                                                                                                                                  |
| <b>Step and 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>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>Dance/Dance Groove</b>              | 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.                                                                  |
| <b>Partner Sala Plus</b>               | 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.                                                                                                                                         |
| <b>Zumba</b>                           | A calorie-burning, easy-to-follow dance fitness-party™ choreographed to Latin and international rhythms.                                                                                                                                                                                                                     |
| <b>Cardio Dance</b>                    | A Fun Cardio workout class while dancing to a variety of music with a little bit of Cardio kick boxing.                                                                                                                                                                                                                      |
| <b>Persian Dance</b>                   | Experience the beauty and elegance of Persian dance. Whether you're new to dance or have some experience, this class is for you!                                                                                                                                                                                             |
| <b>Cycle Fit</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>Aqua Yoga</b>                       | Practice Aqua Yoga to strengthen your muscles and increase your mobility with little impact to your joints.                                                                                                                                                                                                                  |
| <b>Shallow/Deep Aquafit</b>            | Deep water classes are held in water up to the neck, with a shallow option available for non-swimmers. Shallow water offers medium-intensity exercise using water resistance to build strength, endurance, and flexibility. All levels welcome.                                                                              |
| <b>5K/10K Running Groups</b>           | 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.                                                                                                                                         |