

Bob Chan-Kent Family YMCA

Group Fitness Schedule – Effective September 2nd

Stat Holidays: Sept 30th, Oct 13th, Nov 11th – No group fitness classes (G) Gymnasium · (CS) Cycle Studio · (FS) Fitness Studio · (MP) Multi-Purpose Room 2/3 · (P) Pool · **Room Guide:** (FF) Fitness Floor

MONDAY	(FF) Fitne		THURCHAY	EDIDAY	CATUDDAY	CLINDAY
MONDAY	TUESDAY	WEDNESDAY Morning / A	THURSDAY Ifternoon - Open	FRIDAY	SATURDAY	SUNDAY
Cycle (CS)	Strongth (C)		Sweat (G)			
Cycle (CS) 6:15am –	Strength (G) 6:15am -	Cycle (CS) 6:15am –	6:15am -	Cycle (CS) 6:15am –		
7:15am	7:00am	7:15am	7:00am	7:15am		
71134111	Hatha Yoga	71134111	71004111	71134111		
	(FS) 6:15am -					
	7:15am					
Aquafit (P)	Aquafit (P)	Aquafit (P)	Aquafit (P)	Aquafit (P)	Aquafit (P)	
8:00am –	8:00am –	8:00am –	8:00am –	8:00am –	9:00am –	
9:00am	8:45am	9:00am	8:45am	9:00am	9:45am	
	Strength &		Strength &			
Hatha Yoga	Balance	Dance (FS)	Balance	Y Strength (FS)		
(FS) 9:15am –	Express (MP)	9:15am -	Express (MP)	9:15am -		
10:15am	8:30am -	10:15am	8:00am -	10:15am		
	9:15am		8:45am			
Strength (G)	Step & Strength (FS)		Step (FS)	Sweat (G)	Step (FS)	
9:15am -	9:15am –		9:15am –	9:15am –	9:15am –	
10:15am	10:15am		10:15am	10:15am	10:15am	
Cycle (CC)	10.134111	Cycle (CC)	Cycle (CC)		Cycle (CC)	Cycle (CC)
Cycle (CS) 9:15am –		Cycle (CS) 9:15am –	Cycle (CS) 9:15am –		Cycle (CS) 9:15am –	Cycle (CS) 9:15am –
9:15am – 10:15am		9:15am – 10:15am	10:15am		9:15am – 10:15am	10:15am
10.13aiii		10.130111	10.134111		10.130111	
			Chair Yoga			Pre-Teen Orientation
			(MP) 9:30am -			(FF) 9:30am -
			10:15am			10:00am
Adult Water						Teen
Walking (P)	Aquafit (P)	Vinyasa Yoga	Gentle Aquafit	_ ` ` '		Orientation
10:00am -	10:00am -	(FS) 10:45am –		10:45am -		(FF) 10:00am
10:30am	10:45am	11:45am	10:30am	11:30am		11:00am
	Chuanath		Ctuonath			Destauative
Gentle Cardio	Strength	Gentle Cardio	Strength	Gentle Cardio	Dance (FS)	Restorative
(G) 10:45am -	Express (FS) 10:45am -	(G) 10:45am -	Express (FS) 10:45am -	(G) 10:45am -	10:45am –	Yoga (FS) 10:00am -
11:30am	11:30am	11:30am	11:30am	11:30am	11:45am	11:15am
	11.504111		111304111			111134111
Stretch (FS)	Adult Walking		Adult Walking	Stretch (FS)		
11:45am –	(G) 11:00am -		(G) 11:00am -	11:45am –		
12:30pm	11:30am		11:30am	12:30pm		
		Strength &				
Gentle Cardio	Gentle Basics	Balance	Gentle Basics	Gentle Cardio	Bollywood Dance (FS) 1:00pm - 1:45pm	
& Tone (MP)	(MP) 11:30am -	Express (MP)	(MP) 11:30am -	& Tone (MP)	1;00pm -	
12:00pm -	12:30pm	12:00pm –	12:30pm	1:00pm -	1:45pm	
1:00pm	·	12:45pm	·	2:00pm		
		Adult Water		Adult Water		
		Walking (P)		Walking (P)		
		2:00pm -		2:00pm -		
		2:30pm		2:30pm		
	I	Even	ing – 4:00pm - (Close		
Ashtanga						
Vinyasa Yoga						
(FS) 4:00pm -						
5:00pm	Vin	11=44= 1/-	Vince = Y	C. (50)		
	Vinyasa Yoga	Hatha Yoga	Vinyasa Yoga	Sweat (FS)		
	(FS) 5:30pm - 6:30pm	(FS) 5:30pm - 6:30pm	(FS) 5:30pm - 6:30pm	5:30pm - 6:30pm		
Sweat (G)	0.30hiii	Strength (G)	·	0.30piii		
5:30pm -		5:30pm -	Cycle (CS)			
6:30pm		6:30pm	5:30pm- 6:15pm			
Core (FS)	Cycle (CS)	Cycle (CS)	Sweat (G)			
6:45pm –	6:45pm -	6:45pm -	6:45pm -			
7:30pm	7:45pm	7:45pm	7:45pm			
Aquafit (P)			Aquafit (P)			
7:15pm –			7:15pm -			
8:00pm			8:00pm			
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For bookings, live updates, instructors and class descriptions, please check the YMCA BC app.