

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

		ess Floor				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		_	fternoon - Open	_		
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		
	Hatha Yoga					
	(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		
101154111	9:15am	101134111	8:45am	101134111		
	Step &		0.454111			
Strength (G)	_		Step (FS)	Sweat (G)	Step (FS)	
9:15am -	Strength (FS) 9:15am -		9:15am -	9:15am -	9:15am –	
10:15am			10:15am	10:15am	10:15am	
	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
			A.			Pre-Teen
			Chair Yoga			Orientation
			(MP) 9:30am -			(FF) 9:30am -
			10:15am			10:00am
Adult Water						Teen
	Aquafit (P)	Vinyasa Yoga	Gentle Aquafit	Yin Yoga (FS)		Orientation
Walking (P)	10:00am -	(FS) 10:45am -	(P) 10:00am -	10:45am -		
10:00am -	10:45am	11:45am	10:30am	11:30am		(FF) 10:00am -
10:30am						11:00am
C	Strength	C	Strength	C	D (FC)	Restorative
Gentle Cardio	Express (FS)	Gentle Cardio	Express (FS)	Gentle Cardio	Dance (FS)	Yoga (FS)
(G) 10:45am -	10:45am -	(G) 10:45am -	10:45am -	(G) 10:45am -	10:45am –	10:00am -
11:30am	11:30am	11:30am	11:30am	11:30am	11:45am	11:15am
Stretch (FS)	Adult Walking	Gentle Flow	Adult Walking	Stretch (FS)		
11:45am –	(G) 11:00am -	Yoga (FS)	(G) 11:00am -	11:45am -		
12:30pm	11:30am	12:00pm –	11:30am	12:30pm		
	111000111	1:00pm	111000111	121000111		
Gentle Cardio		Strength &		Gentle Cardio	Dallanaad	
& Tone (MP)	Gentle Basics	Balance	Gentle Basics	& Tone (MP)	Bollywood Dance (FS) 1:00pm - 1:45pm	
12:00pm –	(MP) 11:30am -	Express (MP)	(MP) 11:30am -	1:00pm -	1:00pm - '	
•	12:30pm	12:00pm -	12:30pm	'	1. 4 5pm	
1:00pm		12:45pm		2:00pm		
		Adult Water		Adult Water		
		Walking (P)		Walking (P)		
		2:00pm –		2:00pm -		
		2:30pm		2:30pm		
			ing - 4:00pm - (<u> </u>		
Ashtanga						
Vinyasa Yoga	Vinyasa Yoga	Hatha Yoga	Vinyasa Yoga	Sweat (FS)		
(FS) 5:30pm -	(FS) 5:30pm -	(FS) 5:30pm -	(FS) 5:30pm -	5:30pm -		
6:30pm	6:30pm	6:30pm	6:30pm	6:30pm		
Sweat (G)		Strength (G)	Cycle (CS)	<u> </u>		
5:30pm -		5:30pm -	6:45pm -			
6:30pm		6:30pm	7:30pm			
0.30hiii	Cycle (CC)	•		<u> </u>		
Coro (EC)	Cycle (CS)	Cycle (CS) 6:45pm -	Sweat (G)			
Core (FS)		n://50m =	6:45pm -			
6:45pm -	6:45pm -					
6:45pm – 7:45pm	6:45pm – 7:45pm	7:45pm	7:45pm			
6:45pm - 7:45pm Aquafit (P)			7:45pm Aquafit (P)			
6:45pm – 7:45pm			7:45pm			

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