

Bob Chan-Kent Family YMCA

Group Fitness Schedule – Effective November 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
6 1 (00)	61 11 (5)		fternoon - Oper			
Cycle (CS)	Strength (G)	Cycle (CS)	Sweat (G)	Cycle (CS)		
6:15am – 7:15am	6:15am – 7:00am	6:15am – 7:15am	6:15am – 7:00am	6:15am - 7:15am		
7.13aiii	Hatha Yoga	7.13aiii	7.00aiii	7.13dill		
	(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	
Hatha Yoga (FS) 9:15am -	Strength & Balance Express (MP)	Dance (FS) 9:15am –	Strength & Balance Express (MP)	Y Strength (FS) 9:15am -		
10:15am	8:30am – 9:15am	10:15am	8:00am – 8:45am	10:15am		
Strength (G) 9:15am - 10:15am	Step & Strength (FS) 9:15am - 10:15am		Step (FS) 9:15am – 10:15am	Sweat (G) 9:15am – 10:15am	Step (FS) 9:15am – 10:15am	
Cycle (CS) 9:15am - 10:15am		Cycle (CS) 9:15am – 10:15am	Cycle (CS) 9:15am – 10:15am		Cycle (CS) 9:15am – 10:15am	Cycle (CS) 9:15am – 10:15am
			Chair Yoga (MP) 9:30am - 10:15am			Pre-Teen Orientation (FF) 9:30am - 10:00am
Adult Water Walking (P) 10:00am - 10:30am	Aquafit (P) 10:00am – 10:45am	Vinyasa Yoga (FS) 10:45am - 11:45am	Gentle Aquafit (P) 10:00am – 10:30am	Yin Yoga (FS) 10:45am - 11:30am		Teen Orientation (FF) 10:00am - 11:00am
Gentle Cardio (G) 10:45am – 11:30am	Strength Express (FS) 10:45am - 11:30am	Gentle Cardio (G) 10:45am – 11:30am	Strength Express (FS) 10:45am - 11:30am	Gentle Cardio (G) 10:45am - 11:30am	Dance (FS) 10:45am – 11:45am	Restorative Yoga (FS) 10:00am - 11:15am
Stretch (FS) 11:45am – 12:30pm	Adult Walking (G) 11:00am - 11:30am	Gentle Flow Yoga (FS) 12:00pm - 1:00pm	Adult Walking (G) 11:00am - 11:30am	Stretch (FS) 11:45am - 12:30pm		
Lunch Express (MP) 12:15pm - 12:45pm Gentle Cardio & Tone (G) 1:30pm -	Gentle Basics (MP) 11:30am – 12:30pm	Strength & Balance Express (MP) 12:00pm - 12:45pm Adult Water Walking (P) 2:00pm -	Gentle Basics (MP) 11:30am – 12:30pm	Gentle Cardio & Tone (G) 1:30pm - 2:30pm Adult Water Walking (P) 2:00pm -	Bollywood Burn (FS) 1:00pm - 1:45pm	
2:30pm		2:30pm		2:30pm		
			ing – 4:00pm - (•		
Teen Pre-Teen						
Orientation (FF) 3:45pm - 4:45pm			Orientation (FF) 4:30pm - 5:00pm			
Ashtanga	Winsen - W	11-41 37	·	C		
Vinyasa Yoga (FS) 5:30pm - 6:30pm	Vinyasa Yoga (FS) 5:30pm - 6:30pm	Hatha Yoga (FS) 5:30pm – 6:30pm	Vinyasa Yoga (FS) 5:30pm - 6:30pm	Sweat (FS) 5:30pm - 6:30pm		
Sweat (G) 5:30pm -		Strength (G) 5:30pm -	Cycle (CS) 6:45pm -			
6:30pm Core (FS)	Cycle (CS)	6:30pm	7:30pm Sweat (G)			
6:45pm –	Cycle (CS) 6:45pm -	Cycle (CS) 6:45pm -	6:45pm -			
7:45pm	7:45pm	7:45pm	7:45pm			
Aquafit (P)		I*	Aquafit (P)			
7:15pm – 8:00pm			7:15pm - 8:00pm			
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For bookings, live updates, instructors and class descriptions, please check the YMCA BC app.