

Group Fitness Schedule

Updated November 20th Fall Schedule 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
Morning / Afternoon – 6:00am to 5:00pm						
Cycle Fit (C) 6:00am-6:45am	Strength (S) 8:00am-9:00am	Synrgy (FF) 6:15am-7:00am	Cycle Fit (C) 6:30am-7:15am	Bootcamp (S) 8:00am-9:00am	Synrgy (FF) 8:00am-8:45am	
Aquafit (LP) 9:15am-10:00am	Cardio Dance (G) 9:15am-10:15am	Hatha Yoga (S) 7:00am-8:00am	Cardio Dance (G) 9:15am-10:15am	Cycle Fit (C) 9:00am-9:45am	Step/Sculpt (S) 9:00am-10:00am	Aqua Yoga (WP) 8:00am-8:45am
Core (S) 9:00am-10:00am	Gentle Yoga (S) 9:15am-10:15am	Step/Sculpt (S) 9:15am-10:15am		Bi-weekly Aqua Yoga (LP) 9:15am-10:00am	Cycle Fit (C) 9:30am-10:15am	Synrgy (FF) 9:00am-9:45am
Synrgy (FF) 10:15am-11:00am	Synrgy (FF) 10:15am-11:00am		Synrgy (FF) 10:15am-11:00am	Synrgy (FF) 10:15am-11:00am	Cardio Dance (S) 10:15am-11:15am	Core (S) 10:15am-11:15am
Mindful Yoga (S) 11:30am-12:30pm	Pilates (S) 10:25am-11:25am	Shallow/Deep Aquafit (LP) 10:30am-11:15am	Gentle Yoga (S) 10:30am-11:30am		Hatha Yoga-Intermediate (S) 11:30am-12:30pm	Persian Dancing (S) 11:30am-12:30pm
	Aquafit (LP) 10:30am-11:15am	Synrgy (FF) 11:45am-12:30pm		Hatha Yoga (S) 11:30am-12:30pm		
Afternoon – 4:00pm to Close						
Dance-Easy Groove-Line Dance (S) 3:45pm-4:45pm	Chair Gentle Basics (S) 1:30pm-2:30pm	Chair Gentle Basics (S) 1:30pm-2:30pm	Mindful Yoga (S) 4:45pm-5:45pm	Chair Gentle Basics (S) 1:30pm-2:30pm	Aquafit (LP) 1:45pm-2:30pm	Chair Gentle Basics (S) 1:30pm-2:30pm
Sweat (S) 5:00pm-5:45pm	Strength (S) 4:45pm-5:45pm	Jump Rope HIIT (S) 5:00pm-5:45pm	Synrgy (FF) 5:00pm-5:45pm	Synrgy (FF) 4:00pm-4:45pm		
Synrgy (FF) 6:00pm-6:45pm	Synrgy (FF) 5:00pm-5:45pm	Synrgy (FF) 5:00pm-5:45pm	Synrgy (FF) 6:00pm-6:45pm	Strength (S) 5:00pm-6:00pm		
Cycle Fit (C) 6:00pm-6:45pm	Synrgy (FF) 6:00pm-6:45pm	Core (S) 6:00pm-7:00pm	Pilates (FC) 6:00pm-7:00pm	Cycle Fit (C) 6:00pm-6:45pm		
Partner Salsa (S) 6:30pm-7:30pm	(Reg.)Karate(S) 6:00pm-7:00pm		Cycle Fit (C) 6:00pm-6:45pm	Persian Dancing (S) 6:30pm-7:30pm		
5k Running Group (L) 6:30pm-7:30pm	Dance (G) 6:15pm-7:15pm	Dec.- Shallow Aquafit (LP) 7:45pm-8:30pm	(Reg.)Karate (S) 6:00pm-7:00pm	Shallow Aquafit (LP) 7:45pm-8:30pm		Iyengar Yoga (S) 7:00pm-8:00pm
Hatha Yoga-Intermediate (S) 7:45pm-8:45pm	Yoga (S) 8:00pm-9:00pm	Hatha Yoga (S) 8:00pm-9:00pm	Zumba (G) 6:15pm-7:15pm	Vinyasa (S) 8:00pm-9:00pm		
			Sweat (S) 7:30pm-8:30pm			

Class	Description
Pilates	Focuses on your core, breathing, and muscular integration to improve your posture, and to align your body.
Sound Healing Yoga	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.
Hatha Yoga	This class is an introduction to basic breathing techniques, posture and relaxation exercises.
Gentle Yoga	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.
Subtle Mindful Yoga/Qigong	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.
Jump Rope Fitness	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!
Mindful Movement	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.
Chair Gentle Basics	Designed to improve posture, co-ordination, endurance strength and balance standing or seated in a chair.
Synrgy	Train with our Personal Trainers using a variety of equipment on the Fitness floor as well as some cardio stints on our indoor track.
Summer Level Up – Youth Circuit	Get ready to sweat, move & level up 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.
Sweat	Y Sweat is a high-speed, high-energy class with a variety of bodyweight moves to increase your stamina.
Core	Includes a variety of exercises to improve your back strength, abdominal, strength, balance, & coordination
Step and Strength	Step & Strength is an easy-to-follow step workout that zeroes in on intensity and power movements, using some additional fitness equipment.
Strength	Using barbells, dumbbells, and your own body weight, this powerful workout will have you feeling a burn long after you are finished.
Dance-Easy Groove-Line Dance	This dance class starts by warming up your whole body from your head to your feet, and teaches easy moves where you find your groove, followed by learning fun low impact line-dances to a variety of funky music. We end with a simple stretch and strengthen sequence on the mat. Come dance with Lindy and up your joy factor!
Partner Sala Plus	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.
Zumba	A calorie-burning, easy-to-follow dance fitness-party™ choreographed to Latin and international rhythms.
Cardio Dance	A Fun Cardio workout class while dancing to a variety of music with a little bit of Cardio kick boxing.
Persian Dance	Experience the beauty and elegance of Persian dance. Whether you're new to dance or have some experience, this class is for you!
Cycle Fit	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.
Aqua Yoga	Practice Aqua Yoga to strengthen your muscles and increase your mobility with little impact to your joints.
Shallow/Deep Aquafit	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.
5K/10K Running Groups	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.