

Group Fitness Schedule – Effective January 5th

Stat Holidays: Feb 17th, Apr 18th, May 19th – No group fitness classes

Room Guide: (G) Gymnasium · (CS) Cycle Studio · (FS) Fitness Studio · (MP) Multi-Purpose Room 2/3 · (P) Pool · (FF) Fitness Floor

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning/Afternoon - Open to 4:00pm						
Cycle (CS) 6:15am – 7:15am	Strength (G) 6:15am – 7:00am	Cycle (CS) 6:15am – 7:15am	Sweat (G) 6:15am – 7:00am	Cycle (CS) 6:15am – 7:15am		
	Hatha Yoga (FS) 6:15am – 7:15am		Hatha Yoga (FS) 6:15am – 7:15am Starting Jan 22nd			
Aquafit (P) 8:00am – 9:00am	Aquafit (P) 8:00am – 8:45am	Aquafit (P) 8:00am – 9:00am	Aquafit (P) 8:00am – 8:45am	Aquafit (P) 8:00am – 9:00am	Aquafit (P) 9:00am – 9:45am	
Gentle Flow Yoga (FS) 9:15am – 10:15am	Strength & Balance Express (MP) 8:30am – 9:15am	Dance (FS) 9:15am – 10:15am	Strength & Balance Express (MP) 8:00am – 8:45am	Y Strength (FS) 9:15am – 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 Basics (MP) 11:30am – 12:30pm	Strength & Balance Express (MP) 12:00pm – 12:45pm	Gentle Basics (MP) 11:30am – 12:30pm	Gentle Cardio & Tone (G) 1:30pm – 2:30pm	Bollywood Burn (FS) 1:00pm – 1:45pm	
Gentle Cardio & Tone (G) 1:30pm – 2:30pm						
Adult Water Walking (P) 2:00pm – 2:30pm	Adult Water Walking (P) 2:00pm – 2:30pm	Adult Water Walking (P) 2:00pm – 2:30pm	Adult Water Walking (P) 2:00pm – 2:30pm	Adult Water Walking (P) 2:00pm – 2:30pm		
Evening – 4:00pm - Close						
Teen Orientation (FF) 3:45pm – 4:45pm			Pre-Teen Orientation (FF) 4:30pm - 5:00pm			
Ashtanga 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 – 6:30pm		Strength (G) 5:30pm – 6:30pm	Cycle (CS) 6:45pm – 7:30pm			
Cycle (CS) 6:45pm – 7:45pm	Cycle (CS) 6:45pm – 7:45pm	Cycle (CS) 6:45pm – 7:45pm	Sweat (G) 6:45pm – 7:45pm			
Core (FS) 6:45pm – 7:45pm						
Aquafit (P) 7:15pm – 8:00pm			Aquafit (P) 7:15pm – 8:00pm			

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