

Winter Holidays: December 29<sup>th</sup> – January 4<sup>th</sup>

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

MONDAY DECEMBER 29TH	TUESDAY DECEMBER 30TH	WEDNESDAY DECEMBER 31ST	THURSDAY JANUARY 1ST	FRIDAY JANUARY 2ND	SATURDAY JANUARY 3RD	SUNDAY JANUARY 4TH	
Morning/Afternoon - Open to 4:00pm							
<b>Cycle</b> (CS) 6:15am – 7:15am	<b>Strength</b> (G) 6:15am – 7:00am	<b>Cycle</b> (CS) 6:15am – 7:15am	<b>NEW YEARS DAY – NO CLASSES, POOL OR PROGRAMS</b>	<b>Cycle</b> (CS) 6:15am – 7:15am			
<b>Aquafit</b> (P) 8:00am – 9:00am	<b>Aquafit</b> (P) 8:00am – 8:45am	<b>Aquafit</b> (P) 8:00am – 9:00am			<b>Aquafit</b> (P) 8:00am – 9:00am	<b>Aquafit</b> (P) 9:00am – 9:45am	
<b>Hatha Yoga</b> (FS) 9:15am – 10:15am	<b>Strength &amp; Balance Express</b> (MP) 8:30am – 9:15am	<b>Dance</b> (FS) 9:15am – 10:15am			<b>Y Strength</b> (FS) 9:15am – 10:15am		
<b>Strength</b> (G) 9:15am - 10:15am	<b>Step &amp; Strength</b> (FS) 9:15am – 10:15am				<b>Sweat</b> (G) 9:15am – 10:15am	<b>Step</b> (FS) 9:15am – 10:15am	
<b>Cycle</b> (CS) 9:15am – 10:15am		<b>Cycle</b> (CS) 9:15am – 10:15am			<b>Cycle</b> (CS) 9:15am – 10:15am	<b>Cycle</b> (CS) 9:15am – 10:15am	
<b>Adult Water Walking</b> (P) 10:00am – 10:30am	<b>Aquafit</b> (P) 10:00am – 10:45am			<b>Yin Yoga</b> (FS) 10:45am – 11:30am		<b>Pre-Teen Orientation</b> (FF) 9:30am – 10:00am	
<b>Gentle Cardio</b> (G) 10:45am – 11:30am	<b>Strength Express</b> (FS) 10:45am - 11:30am	<b>Gentle Cardio</b> (G) 10:45am – 11:30am		<b>Gentle Cardio</b> (G) 10:45am – 11:30am		<b>Teen Orientation</b> (FF) 10:00am – 11:00am	
<b>Stretch</b> (FS) 11:45am – 12:30pm	<b>Adult Walking</b> (G) 11:00am – 11:30am	<b>Gentle Flow Yoga</b> (FS) 12:00pm – 1:00pm				<b>Restorative Yoga</b> (FS) 10:00am – 11:15am	
<b>Lunch Express</b> (MP) 12:15pm – 12:45pm	<b>Gentle Basics</b> (MP) 11:30am – 12:30pm				<b>Bollywood Burn</b> (FS) 1:00pm – 1:45pm		
<b>Gentle Cardio &amp; Tone</b> (G) 1:30pm – 2:30pm		<b>Adult Water Walking</b> (P) 2:00pm – 2:30pm		<b>Adult Water Walking</b> (P) 2:00pm – 2:30pm			
Evening – 4:00pm - Close							
<b>Teen Orientation</b> (FF) 3:45pm – 4:45pm							
<b>Sweat</b> (G) 5:30pm – 6:30pm							
<b>Core</b> (FS) 6:45pm – 7:45pm	<b>Cycle</b> (CS) 6:45pm – 7:45pm						
<b>Aquafit</b> (P) 7:15pm – 8:00pm							
For bookings, live updates, instructors and class descriptions, please check the YMCA BC app							