

Room Guide:

(G) Gymnasium · (ST1) Studio 1 · (ST2) Studio 2

(P) Pool · (FF) Fitness Floor

15 minutes set up or take down period for all programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning						
Group Power(ST2) 8:00 – 9:00 am	Y Cycle fit (ST1) 5:45 – 6:45 am	GroupPower(ST2) 6:00 – 7:00 am	YChair Yoga(ST2) 8:30 – 9:15 am	Y Cycle fit (ST1) 6:00 – 6:45 am	Y Cycle fit (ST1) 8:00 – 8:45 am	Core&Stretch(ST1) 8:00 – 8:45 am
Y Aqua fit (P) 8:30 – 9:15 am	Y Aqua fit (P) 8:30 – 9:15 am	Y Aqua fit (P) 8:15 – 9:00 am	GroupPower(G) 9:00 – 10:00 am	Y Yoga (ST2) 8:00 – 9:00 am	Y Strength (G) 8:15 – 9:15 am	Y Tone (ST2) 8:00 – 8:45am
Cardio Strength (ST2) 9:15 – 10:15 am	YchairYoga(ST2) 8:30 – 9:15 am	Y Tone (ST2) 9:00 – 9:45 am	Y Yoga (ST2) 10:30 – 11:30 am	Y Aqua fit (P) 8:15 – 9:00 am	Y Aqua fit (P) 8:15 – 9:00 am	Y Cyclefit (ST1) 9:00 – 10:00 am
Y Strength – (G) 9:15 – 10:15 am	Y Synergy (FF) 9:00 – 9:45 am	Y Cycle fit (ST1) 9:00 – 10:00 am	Y Gentle (ST2) 11:45 – 12:45 pm	Y Aquafit (P) 9:15 – 10:00 am	Zumba Toning (ST2) 9:15 – 10:15 am	BollyX (ST2) 9:00 – 10:00 am
Y Yoga (ST2) 10:30 – 11:30 am	Y Yoga –(ST2) 10:00 – 11:00am	Y Yoga (ST2) 10:00 – 11:00 am	Y Synergy (FF) 9:30 – 10:15 am	Y Step (ST2) 9:15 – 10:15 am	Group Power (G) 9:30 – 10:30 am	GroupPower(ST2) 10:15 – 11:00am
Y Thrive 1stSession 11:30 – 12:30 pm	Y Gentle (ST2) 11:15 – 12:15pm	Y Gentle (ST2) 11:15 – 12:15 pm		Y Strength (G) 9:15 – 10:15 am	Registered Program (ST1) 9:30 – 12:00PM	Registered Program (ST1) 11:15 – 12:15PM
					Y Yoga (ST2) 10:45 – 11:45am	
					YThrive 1st Session 11:00 – 12:00pm	
Afternoon/Evening						
Y Thrive 1st Session 3:00 – 4:00 pm	Y Cycle fit (ST1) 12:15 – 12:45 pm	Dance Cardio (ST2) 5:30 – 6:15 pm	Y Strength (ST2) 4:15 – 5:15 pm	Registered Program (ST1) 1:00 – 3:30pm	Core&Stretch(ST2) 12:15 – 1:00pm	Registered Program (ST1) 1:00 – 4:00PM
Cycle fit (ST1) 5:30 – 6:15 pm	Registered Program (ST1) 1:00 – 3:30PM	Fitness Orientation (FF) 6:00 – 6:30 pm	YThrive1stSession 3:00 – 4:00 pm	Y Strength (ST2) 5:30 – 6:30 pm		
Group Power(ST2) 5:30 – 6:30 pm	Y Synergy (FF) 5:30 – 6:15 pm	Y Cycle fit (ST1) 6:00 – 6:45 pm	Core&Stretch(ST1) 5:30 – 6:15 pm	ZumbaToning(ST2) 6:45 – 7:30 pm		
Registered Program (ST1) 6:30 – 8:30PM	Zumba (ST2) 5:45 – 6:45 pm	Fitness Orientation 6:30 – 7:00 pm	BollyX (ST2) 6:00 – 6:45pm			
Y Step (ST2) 6:45 – 7:45 pm	Y Cycle fit (ST1) 6:30 – 7:15 pm	Cardio Strength (ST2) 6:30 – 7:30 pm	Y Synergy (FF) 6:30 – 7:15 pm			
Y Aqua fit (P) 7:30 – 8:15 pm	YThrive 1st Session 7:30 – 8:30 pm	Cardio Dance (ST2) 7:45 – 8:45 pm	Registered Program (ST1) 6:30 – 8:30PM			
	Zumba (ST2) 7:00 – 8:00 pm	Group Power (G) 6:45 – 7:45 pm	Y Strength – (G) 7:15 – 8:15pm			
	Y Aqua fit (P) 7:45 – 8:30 pm					
Schedule subject to change without notice.				gv.ymca.ca/tong-louie-family-ymca		

Class descriptions:

Class	Description
Chair Yoga	This class is an introduction to basic breathing techniques, posture, and relaxation exercises. Using a chair as an assist.
Hatha Yoga	This class is an introduction to basic breathing techniques, posture, and relaxation exercises.
Core & Stretch	A workout that includes a variety of exercises to improve your back strength, abdominal strength, balance, mobility, stability, and coordination.
Step	Using a non-slip step to do choreographed fitness step routines for a variety of fitness levels
Strength	Using barbells, dumbbells, and your own body weight, this powerful workout will have you feeling a burn long after you are finished.
Step Strength	An easy-to-follow step workout that zeroes in on intensity and power movements, using some additional fitness equipment.
Tone	Gentle Tone is a low-impact class to help regain fitness after injury or increase strength and endurance through slower technique work.
Synergy	Train with some variety using battle ropes, TRX suspension trainers, medicine balls, cables and kettle bells.
Group Power	Combining traditional strength exercises with the hottest functional training moves to make you fitter and stronger.
Zumba	Join us for a calorie-burning, easy-to-follow dance fitness-party™ choreographed to Latin and international rhythms.
BollyX	A vibrant and entertaining dance suitable for all fitness levels. It gives a whole-body workout while dancing to the rhythm of joy with a powerful nature of Bollywood music.
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.
Cardio Dance	A fun cardio workout class while dancing to a variety of music.
Y THRIVE	Designed for all fitness levels, it provides personalized workout plans and coaching to help you stay active, reach your goals, and enjoy the journey.
Aquafit	A shallow water medium intensity workout, using water and equipment for resistance, toning muscles, and increasing endurance and flexibility. By using your body's natural buoyancy, water reduces joint stress while creating natural resistance to work your muscles.