

GROUP EXERCISE SCHEDULE SESSION 7

Valid September 25th - November 12th

NO CLASSES OCTOBER 9TH-13TH DUE TO FALL BREAK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
6:00 AM	Tabata*-45.DeAnne. MPR		Tabata*-45.DeAnne. MPR		Tabata*-45.DeAnne. MPR	6:00 AM
7:00 AM	Men's Core-45.DeAnne. MPR		Men's Core-45.DeAnne. MPR			7:00 AM
8:00 AM	Tabata*-45.DeAnne. MPR AquaPower-60.Heather. Pool		Tabata*-45.DeAnne. MPR AquaPower-60.Heather. Pool		Tabata*-45.DeAnne. MPR AquaPower-60.Heather. Pool	8:00 AM
8:30 AM		Yoga-60. Sarah MPR		Yoga-60. Sarah MPR		8:30 AM
8:45 AM		SS Splash-45.Terry Pool		SS Splash-45.Terry Pool		
9:00 AM	Cardio Core-45.Murl. MPR AquaFit-60.Heather .Pool	Homeschool S&G-60.Gym	Cardio Core-45.Murl. MPR AquaFit-60.Heather .Pool	Homeschool S&G-60.Gym	AquaFit-60.Heather .Pool	9:00 AM
10:00 AM		SS Yoga-45.Sarah MPR		SS Yoga-45.Sarah MPR		10:00 AM
10:15 AM	SS Classic-60. Jenny. Gym		SS Classic-60.Jenny. Gym		SS Classic-60.Jenny. Gym	10:15 AM
4:15 PM		Zumba**- 60.Betty. MPR		Zumba**- 60.Betty. MPR		4:15 PM
5:25 PM	Total Body -60.Murl. MPR I	Intense Aqua**-60.Ann. Pool *Drop In Class	Total Body -60.Murl. MPR I	Intense Aqua**-60.Ann. Pool *Drop In Class		
5:30 PM		Cycling-.60.Murl .MPR I		Cycling-.60.Murl .MPR I		5:25 PM
6:30 PM		CoreDeForce-45.Alasa .MPR II	Zumba-60.Tricia. MPR I	CoreDeForce-45.Alasa .MPR II		6:30 PM
7:30 PM	Tai Chi-60.Marc. MPR II		Tai Chi-60.Marc. MPR II			7:30 PM

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Prices per 6-week session (member/non-member):

Land & Cycle Fitness Classes:

1 class per week: \$22 / \$44
2 classes per week: \$31 / \$62
3 classes per week: \$36 / \$72

Aqua Fitness Classes:

1 class per week: \$28 / \$56
2 classes per week: \$33 / \$66
3 classes per week: \$39 / \$78

Zumba and Intense Aqua**

Free to BC YMCA members
Non-members: \$3 per class

Drop-in Fees:

\$8 per class (members and non-members)

Flex Pass: 12-class pass good for any class of your choice

(space permitting, current session only): \$72

Specialty Fitness Classes:

Yoga:

1 class per week: \$25 / \$50
2 classes per week: \$33 / \$66

Silver Sneakers Classic:

Free, age 65+

Silver Sneakers Yoga:

Free to Silver Sneakers members
2 classes per week for non-SS members: \$20

Silver Sneakers Splash:

Free to Silver Sneakers members
2 classes per week for non-SS members: \$25

Legend:

SS - Silver Sneakers

MPR - Multi-Purpose Room I & II

Pgrm-Program Room

WR- Weight Room (upstairs)

*Tabata class only open to those registered in the 8-week bootcamp program. Not valid for Flex Pass or Drop-in

