

# GROUP EXERCISE SCHEDULE SESSION 2

Valid February 12th-April 1st

	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
12:00 PM		Preschool S&G-45.Gym				12:00 PM
4:30 PM			Pilates-45.Lydia.MPR I			4:30 PM
5:30 PM	Total Body -60.Murl. MPR I	Intense Aqua**-60.Ann.Pool Cycling-60.Murl .MPR I PiYo-60.Alasa .MPR II	Total Body -60.Murl. MPR I	Intense Aqua**-60.Ann.Pool Cycling-60.Murl .MPR I PiYo-60.Alasa .MPR II		5:30 PM
6:30 PM	Zumba**-60.Tricia.MPR I		Zumba**-60.Tricia. MPR I			6:30 PM

**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
- 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

