

# GROUP EXERCISE SCHEDULE

## Session 4

Valid May 15th- June 23rd

|          | 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                            | Bootcamp-45.MPR              | Men's Core-45.DeAnne. MPR                            | Bootcamp-45.MPR              |  | 7:00 AM  |
| 8:00 AM  | Tabata*-45.DeAnne. MPR<br>AquaPower-60.Karen. Pool   |                              | Tabata*-45.DeAnne. MPR<br>AquaPower-60.Karen. Pool   |                              | Tabata*-45.DeAnne. MPR<br>AquaPower-60.Karen. Pool | 8:00 AM  |
| 8:30 AM  |  | Yoga-60. Erica. MPR          |  | Yoga-60. Erica. MPR          |  | 8:30 AM  |
| 9:00 AM  | Cardio Core-45.Murl. MPR<br>SS Splash-60.Karen. Pool |                              | Cardio Core-45.Murl. MPR<br>SS Splash-60.Karen. Pool |                              | AquaFit-60.Karen. Pool                             | 9:00 AM  |
| 10:00 AM | AquaFit-60.Karen. Pool                               | SS Yoga-45.Gloria .MPR       | AquaFit-60.Karen. Pool                               | SS Yoga-45.Gloria .MPR       |  |          |
| 10:15 AM | SS Classic-60. Jenny. Gym                            |                              | SS Classic-60.Jenny. Gym                             |                              | SS Classic-60.Jenny. Gym                           | 10:15 AM |
| 3:30 PM  |  | Zumba- 60.Betty. MPR         |  | ZumbaPlus-60.Betty. MPR      |  |          |
| 3:45 PM  |  |                              |  |                              |  |          |
| 5:25 PM  | Total Body -60.Murl. MPR                             |                              | Total Body-60.Murl. MPR                              |                              |  | 5:25 PM  |
| 5:30 PM  |  | Intense Aqua-60.Jackie .Pool |  | Intense Aqua-60.Jackie .Pool |  | 5:30 PM  |
| 6:30 PM  |  |                              | Zumba-60.Tricia. MPR                                 |                              |  | 6:30 PM  |
| 7:30 PM  | Tai Chi-60.Marc. MPR                                 | Tai Chi-60.Marc. MPR         | Tai Chi-60.Marc. MPR                                 |                              |  | 7:30 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.

