

# GROUP EXERCISE SCHEDULE SESSION 6

Valid August 13th-September 23rd, 2018

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
9:00 AM	Core Conditioning- 45.Murl. MPR SS Splash-45.Terry Pool	Homeschool S&G-60.Gym		Core Conditioning- 45.Murl.MPR SS Splash-45.Terry Pool		Homeschool S&G-60.Gym		SS Splash-45.Terry 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
4:30 PM				Pilates-45.Lydia.MPR					4:30 PM
5:30 PM	Total Body -60.Murl. MPR I	Intense Aqua**-60.Ann.Pool FREE Beginner Yoga- 60.Erin.MPR		Total Body -60.Murl. MPR		Intense Aqua**-60.Ann.Pool			5:30 PM
6:30 PM	Zumba**-60.Tricia.MPR I			Zumba**-60.Tricia. MPR					6:30 PM
7:30 AM				T'ai Chi-60.Marc .MPR					
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 Power:

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

### Silver Sneakers Splash:

Free to Silver Sneakers members  
1 class per week for non-SS members: \$20  
2 classes per week for non-SS members: \$25  
3 classes per week for non-SS members: \$30

### 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  
\*Beginner yoga is FREE\*

### Silver Sneakers Classic:

Free, age 65+

### Silver Sneakers Yoga:

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

### Zumba and Intense Aqua\*\*

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

**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## 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

