

GROUP EXERCISE SCHEDULE SESSION 7

Valid September 24th – November 11th, 2018 (NO CLASSES 10/8-10/12 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
9:00 AM	Core Conditioning- 45.Murl. MPR SS Splash-60.Heather. Pool	Homeschool S&G-60.Gym	Core Conditioning- 45.Murl. MPR SS Splash-60.Heather. Pool	Homeschool S&G-60.Gym	SS Splash-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
4:30 PM			Pilates-45.Lydia.MPR			4:30 PM
5:30 PM	Total Body -60.Murl. MPR I	Intense Aqua**-60.Ann.Pool	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	OULA**-60.Jennifer. MPR		6:30 PM
7:30 PM			T'ai Chi-60.Marc. MPR			7:30 PM
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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: \$28
- 2 classes per week for non-SS members: \$33
- 3 classes per week for non-SS members: \$39

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, Intense Aqua, OULA**

- 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
- *Drop-In Available for \$10
- *Weekly Rate Available for \$25

