

# GROUP EXERCISE SCHEDULE SESSION 1

Valid January 7th-February 10th, 2019

	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 Kickboxing**-45. Murl .MPR	Total Body -60.Murl. MPR	Intense Aqua**-60.Ann.Pool		5:30 PM
6:30 PM	Zumba**-60.Tricia.MPR I	OULA**-60.Jeanette. MPR	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 5-week session (member/non-member):

### Land & Cycle Fitness Classes:

1 class per week: \$18/\$36  
2 classes per week: \$26 / \$52

### Aqua Power:

1 class per week: \$24 / \$47  
2 classes per week: \$28/\$55  
3 classes per week: \$33/ \$65

### Silver Sneakers Splash:

Free to Silver Sneakers members  
1 class per week for non-SS members: \$24  
2 classes per week for non-SS members: \$28  
3 classes per week for non-SS members: \$33

### 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: \$21 / \$42  
2 classes per week: \$28 / \$55

### Silver Sneakers Classic:

FREE to members, \$16 Non-Members

### Silver Sneakers Yoga:

Free to Silver Sneakers members  
2 classes per week for non-SS members: \$17

### KB, Zumba, Int. 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

