

GROUP EXERCISE SCHEDULE SESSION 3

Session dates: April 1-May 12 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
6:00 AM	Tabata*-45.DeAnne. MPR		Tabata*-45.DeAnne. MPR		Tabata*-45.DeAnne. MPR	
6:15 AM		Cycling- 60 Heather Ann MPR		Cycling- 60 Heather Ann. MPR		
7:00 AM	Men's Core-45.DeAnne. MPR		Men's Core-45.DeAnne. MPR			
8:00 AM	Tabata*-45.DeAnne. MPR		Tabata*-45.DeAnne. MPR		Tabata*-45.DeAnne. MPR	
8:15 AM	AquaPower-60.Heather. Pool		AquaPower-60.Heather. Pool		AquaPower-60.Heather. Pool	
8:30 AM		***Yoga-60. Sarah MPR		***Yoga-60. Sarah MPR		
9:00 AM	Core Conditioning 45.Murl. MPR	Homeschool S&G-60.Gym	Core Conditioning 45.Murl. MPR	Homeschool S&G-60.Gym	Core Conditioning 45.Murl. MPR
9:15 AM	SS Splash-60.Heather. Pool		SS Splash-60.Heather. Pool		SS Splash-60.Heather. Pool	Cycling 60 Heather Ann MPR
10:00 AM		***SS Yoga-45.Sarah MPR		***SS Yoga-45.Sarah MPR		
10:15 AM	SS Classic-60. Jenny. Gym		SS Classic-60.Jenny. Gym		SS Classic-60.Jenny. Gym	
4:15 PM		***Tai Chi-60 Sarah MPR	Pilates -60 Lydia MPR	***Tai Chi-60 Sarah MPR		
5:30 PM	Total Body -60.Murl. MPR	Intense Aqua**- 60.Ann .Pool Kickboxing**- 45. Murl .MPR	Total Body -60.Murl. MPR	Intense Aqua**- 60.Ann.Pool	FOR YOUTH DEVELOPMENT FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY	
6:30 PM	Zumba**-60.Tricia.MPR	OULA**-60.Jeanette. MPR	Zumba**-60.Tricia. MPR	OULA**-60.Jennifer. MPR		
7:30 PM			T'ai Chi-60.Marc .MPR			
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

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: \$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: \$28/56

***Silver Sneakers Yoga:

Free to Silver Sneakers members
2 classes per week for non-SS members: \$16

*** 5 Week Class --> 4/8-5/12

Silver Sneakers Classic:

FREE to members, \$19 Non-Members

KB, Zumba, Int. Aqua, OULA**

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

Legend:

SS - Silver Sneakers
MPR - Multi-Purpose Room
Pgrm-Program Room
WR- Weight Room (upstairs)

*Tabata class only open to registered. Not valid for flex pass. Drop in \$10.
Weekly \$25

