

GROUP EXERCISE SCHEDULE SESSION 4

Session dates: May 13- June 23, 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
6:00 AM	Tabata*-45.DeAnne. MPR		Tabata*-45.DeAnne. MPR		Tabata*-45.DeAnne. 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	
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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		Core Conditioning 45.Murl. MPR		
.....	Cycling 60
9:15 AM	SS Splash-60.Heather . Pool		SS Splash-60.Heather . Pool		SS Splash-60.Heather . Pool	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	Total Body -60.Murl. MPR	Intense Aqua**-60.Ann.Pool	FOR YOUTH DEVELOPMENT FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY	
6:30 PM		OULA**-60.Jeanette. 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: \$25/50
 2 classes per week: \$33/66

Silver Sneakers Yoga:

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

Silver Sneakers Classic:

FREE to members, \$19 Non-Members

Int. Aqua, OULA**

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

Legend:

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

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

