

GROUP EXERCISE SCHEDULE SESSION 6

Session dates: August 12 - September 22

	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			
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9:15 AM	SS Splash-60.Heather. Pool		SS Splash-60.Heather. Pool		SS Splash-60.Heather. Pool	
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			Pilates 45- Lydia 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	ZUMBA** with Elizabeth		ZUMBA** with Elizabeth			
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: 5 Weeks starts 8/19

- 1 class per week: \$21/42
- 2 classes per week: \$28/56

^Silver Sneakers Yoga 5 Weeks starts 8/19

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

Silver Sneakers Classic:

FREE to members, \$19 Non-Members

Int. Aqua, ZUMBA, **

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. Daily Drop in \$10. Weekly \$25

