

# GROUP EXERCISE SCHEDULE SESSION 2

Session dates: February 17th - April 5th \*No classes March 16th-20th\*

	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	
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		Core Conditioning 45.Murl. MPR	
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	
12:15 PM	*Lunch Time, Crunch Time*		*Lunch Time, Crunch Time*			
12:45 PM	-30. Heather. MPR		-30. Heather. MPR			
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	<b>FOR YOUTH DEVELOPMENT FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY</b>	
6:30 PM	ZUMBA** 60. Elizabeth . MPR			ZUMBA** 60. Elizabeth . MPR		
7:30 PM			T'ai Chi-60.Marc .MPR			

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

**Lunch Time, Crunch Time**

2 classes per week: \$25/40  
\*2 separate times available: 12:15 & 12:45\*

**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

**Yoga**

1 class per week: \$25/50  
2 classes per week: \$31/62

**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

**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

**Int. Aqua, ZUMBA, \*\***

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

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

**Legend:**

SS - Silver Sneakers  
MPR - Multi-Purpose Room



