

# GROUP EXERCISE SCHEDULE SESSION 8

Valid November 9th - December 18th, 2020 (No Classes 11/26 & 11/27)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 AM	Tabata - Z 45.DeAnne. MPR		Tabata - Z 45.DeAnne. MPR		
7:00 AM	Men's Core - Z 45.DeAnne. MPR		Men's Core - Z 45.DeAnne. MPR		
8:00 AM	Tabata - Z 45.DeAnne. MPR AquaPower-60.Anna. Pool		Tabata - Z 45.DeAnne. MPR AquaPower-60.Anna. Pool		AquaPower-60.Anna. Pool
8:30 AM		Yoga - Z 60. Sarah MPR		Yoga - Z 60. Sarah MPR	
9:00 AM	Core Conditioning - Z 45.Murl. MPR SS Splash-60.Anna. Pool		Core Conditioning - Z 45.Murl. MPR SS Splash-60.Anna. Pool		SS Splash-60.Anna. 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
4:30 PM					
5:00 PM					
5:25 PM	Total Body - Z 60.Murl. MPR	Intense Aqua*-60.Tina. Pool	Total Body - Z 60.Murl. MPR	Intense Aqua*-60.Tina. Pool	
6:00 PM					
6:30 PM					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

Flex Pass: 12-class pass good for any class of your choice (space permitting, current session only): \$72

**Prices per 6-week session: (member/non-member)**

**Land & Cycle Fitness Classes:**

1 class per week: \$22 / \$44  
2 classes per week: \$31 / \$62

**Aqua Power:**

1 class per week: \$28 / \$56  
2 classes per week: \$33 / \$66  
3 classes per week: \$39 / \$78

**Tabata: 2x per week**

(Tabata Not valid for Flex Pass)  
6 week session: \$96 / \$125  
1 week: \$18 / \$25 - 1 day drop-in: \$10 / \$15

**Specialty Fitness Classes:**

**Yoga:**

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

**Silver Sneakers Classic:**

FREE to SS AND YMCA members, \$19 Non-Members

**Silver Sneakers Yoga:**

FREE to SS members, \$20 Non-Members

**Silver Sneakers Splash: FREE to SS 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

<b>Legend:</b>
SS - Silver Sneakers
MPR - Multi-Purpose Room
Z - Available via Zoom

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

**Drop-in Fees: \$8 per class**

Information on Swim League, Saturday Group Swim Lessons,  
Cheer/ Tumbling, and Homeschool Swim & Gym at the Welcome Desk

