

GROUP EXERCISE SCHEDULE

Session 6

Valid August 14th- September 22nd

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
6:00 AM	Tabata*-45.DeAnne. MPR		Tabata*-45.DeAnne. MPR		Tabata*-45.DeAnne. MPR	6:00 AM
7:00 AM	Men's Core-45.DeAnne. MPR		Men's Core-45.DeAnne. MPR			7:00 AM
8:00 AM	Tabata*-45.DeAnne. MPR AquaPower-60.Karen. Pool		Tabata*-45.DeAnne. MPR AquaPower-60.Karen. Pool		Tabata*-45.DeAnne. MPR AquaPower-60.Karen. Pool	8:00 AM
8:30 AM		Yoga-60. Sarah MPR		Yoga-60. Sarah MPR		8:30 AM
9:00 AM	Cardio Core-45.Murl. MPR SS Splash-60.Karen. Pool	Homeschool S&G-	Cardio Core-45.Murl. MPR SS Splash-60.Karen. Pool	Homeschool S&G-	AquaFit-60.Karen. Pool	9:00 AM
10:00 AM	AquaFit-60.Karen. Pool	SS Yoga-45.Sarah MPR	AquaFit-60.Karen. Pool	SS Yoga-45.Sarah MPR		10:00 AM
10:15 AM	SS Classic-60. Jenny. Gym		SS Classic-60.Jenny. Gym		SS Classic-60.Jenny. Gym	10:15 AM
4:15 PM		Zumba- 60.Betty. MPR		ZumbaPlus-60.Betty. MPR		4:15 PM
5:30 PM	Total Body -60.Murl. MPR	Intense Aqua-60.Ann. Pool *Drop in class	Total Body-60.Murl. MPR	Intense Aqua-60.Ann. Pool *Drop in class		5:25 PM
6:30 PM			Zumba-60.Tricia. MPR			6:30 PM
7:30 PM	Tai Chi-60.Marc. MPR		Tai Chi-60.Marc. MPR			7:30 PM

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY
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 Fitness Classes:

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

Zumba and Intense Aqua

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

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 Classic:

Free, age 65+

Silver Sneakers Yoga:

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

Silver Sneakers Splash:

Free to Silver Sneakers members
 2 classes per week for non-SS members: \$25

Legend:

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

*Tabata class only open to those registered in the 8-week bootcamp program. Not valid for Flex Pass or Drop-in

