



Robert Lee YMCA Group Fitness Schedule

Updated July 24 , 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45am-7:45am Group Power - West Gym Devon	7:00am-7:45am Y Strength - West Gym Adam	7:00am-8:00am Y Vinyasa Yoga - ALS2 Sadaf	6:30am-8:00am Bookable Court Badminton	10:45am-11:45am Y Gentle - Gym Venus		7:30am-8:30am Y Power Yoga - ALS2 Leila
7:15am-8:15am Y Power Yoga - ALS2 MJ	9:15am-10:00am Aquafit - Pool Venus	7:15am-8:00am Y Core - West Gym Veronica	8:00am-8:45am Y Strength - West Gym Mary	12:00pm-12:45pm Aquafit - Pool Sunan		8:30am-9:30am Step & Strength - West Gym Carlos
9:15am-10:00am Aquafit - Pool Homa	10:45am-11:30am Y Latin Dance - West Gym Ana	9:00am-10:00am Y Gentle Tone - West Gym Faye	9:00am-10:00 am Y Strength - West Gym Venus	12:00pm-1:00pm Y Stretch Adv. - ALS2 Bob	8:15am-9:15am Y Step - West Gym Mark	9:15am-10:00am Aquafit - Pool Homa
11:00am-12:15pm Y Hatha Yoga - ALS2 Adriaan	11:00am-12:00pm Y Hatha Yoga - ALS2 Odlie	9:45am-10:30am Aquafit - Pool Shadi	7:00am-8:00am Y Vinyasa Yoga - ALS2 Laura	12:15pm-1:15pm Y Cycle - Hume Shadi	8:30am-9:30am Y Hatha Yoga - ALS2 Nima	9:30am-10:15am Y Cycle - Hume Luli
11:15am-12:15pm Y Gentle Tone - West Gym Shadi	12:15pm-1:00pm Y Strength - West Gym Andrew		9:15am-10:00am Aquafit - Pool Homa		9:30am-10:30am Y Cycle - Hume Teresa	9:45am-10:45am Group Power - West Gym Reza & Devon
12:30pm-1:30pm Group Power - West Gym Shadi			11:00am-12:15pm Y Hatha Yoga - ALS2 Adriaan		9:30am-10:30am Y Strength - West Gym Mary	10:30am-11:30am Zumba Toning - East Gym Gaby
1:00pm-1:30pm Y Stretch - ALS2 Jeunesse			12:00pm-12:45pm Y Sweat - West Gym Max		10:00am-11:00am Y Vinyasa Yoga - ALS2 Shadi	11:00am-11:45pm Bookable Court Badminton
					11:30am-12:45pm Y Flow Yoga - ALS2 Lucy	11:45am-2:00pm Badminton
					11:45am-2:00pm Badminton	4:45pm-6:45pm Volleyball
			1:15pm-3:15pm Volleyball			
			4:30pm-5:30pm Y Cycle - Hume Moe			
			4:00pm-4:45pm Y Kids Yoga - ALS2 Sadaf			
	4:15pm-5:15pm Group Power - West Gym Brenden		5:15pm-6:00pm Y Pilates - ALS2 Sean	4:00pm-4:45pm Y Kids Zumba - ALS2 Farnaz		
	4:30pm-5:15pm Y Cycle - Hume Alicia		5:30pm-6:30pm Y Adv. Step - West Gym Mark	4:30pm-5:30pm Y Step - West Gym Michael		
3:45pm-4:45pm Y Power Yoga - ALS2 Rahele	4:30pm-5:15PM Cardio Dance - East Gym Mary	4:30pm-5:15pm Y Sweat - West Gym Alicia	5:45pm-6:30pm Cardio Dance - East Gym Andrew	5:00pm-6:00pm Y Hthha Yoga - ALS2 Orna		
5:00pm-6:00pm Y Power Yoga - ALS2 Tomo	5:30pm-6:30pm Y Step & Strength - Gym Mark	5:15pm-6:15pm Cardio Dance - East Gym Ashley	6:00pm-6:45pm Y Cycle - Hume Hector	5:30pm-6:30pm Zumba - East Gym Erika		
6:00pm-7:00pm Y Step & Strength - Gym Kristina	6:00pm-6:45pm Y Cycle - Hume Donald	5:15pm-6:15pm Y Power Yoga - ALS2 Matthew	6:45pm-7:45pm Group Power - Full Gym Angie	5:45pm-6:45pm Strength - West Gym Devon		
6:00pm-7:00pm Y Cycle - Hume Martin	6:15pm-7:15pm Y Power Yoga - ALS2 Hannah	5:30pm-6:30pm Y Strength - West Gym Noor	6:15	6:15pm-7:15pm Y Hatha Yoga - ALS2 Helia		
6:30pm-7:30pm Y Vinyasa Yoga - ALS2 Lauren	6:45pm-8:15pm Futsal- Full gym	6:00pm-6:50pm Y Cycle - Hume Leonie	7:30pm-8:30pm *** Karate - ALS2	7:00pm-8:15pm 1st Session Volleyball		
7:15pm-8:00pm Zumba - Full Gym Tony	7:30pm-8:30pm *** Karate - ALS2	6:30pm-7:30pm Y Vinyasa Yoga - ALS2 Paul	8:00pm-9:45pm Futsal- West Gym	8:30pm-9:45pm 2nd Session Volleyball		

Online schedule



For live updates, please check the YMCA BC app.

This schedule is subject to change without notice.

*** Registered program

Full Gym Sports	ALS2	Hume	Full Gym	West Gym	East Gym	Pool
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Robert Lee YMCA

Fitness Class Descriptions

Y Pilates	This class focuses on your core, breathing, and muscular integration to improve your posture, and to align your body.
Y Power Yoga	A more intense style of yoga similar to ashtanga and vinyasa focusing on strength and relaxation.
Y Hatha Yoga	An introduction to basic breathing techniques, postures and relaxation exercises. Focus your mind and relax by bringing your nervous system into a state of calm and healing.
Y Vinyasa Yoga	With an emphasis on postures that synchronize your breath and movement, this class helps you develop core strength, breath awareness and improve your spine's alignment.
Y Flow Yoga	Focuses on the connection between breath, movement and the mind. This class combines hatha, vinyasa and ashtanga yoga. This style of yoga is often referred to as "flow" because it moves from one pose to another in a continuous, smooth way.
Pilates Yoga Fusion	Pilates Yoga Fusion will consist of 15-20 minutes of myofascial release with foam rollers, 25 minutes of pilates, 25 minutes of yoga and a 5 minute savasana.
Y Stretch	All about setting aside time to stretch the muscles, improve posture and proper body alignment.
Y Stretch Advanced	This class has an emphasis on foam rolling techniques and advanced mobility techniques. The goal of the class is to help condition and improve a range of motion and stability through passive and dynamic stretch routines.
Y Step	Uses a non-slip step platform to do choreographed step routines for a variety of fitness levels.
Y Step & Strength	An easy-to-follow step workout that zeroes in on intensity and power movements, using some additional fitness equipment. This is for anyone who loves step classes and wants to mix them with some strength work for a full-body workout.
Y Advanced Step	An advanced step for those looking for a challenge.
Y Strength	Using barbells, dumbbells, and your own body weight, this powerful workout will have you feeling a burn long after you are finished. This class is for anyone that wants to build muscle and lift weights in a class environment.
Y Core	A workout that includes a variety of exercises to improve your back strength, abdominal strength, balance and coordination. This is for anyone who wants to focus on their mid-section in a structured environment.
MOSSA Group Power	combining traditional strength exercises with the hottest functional training moves to make you fitter and stronger. This class is a high-intensity choreographed workout to the beat of the music.
Y Gentle Tone	This is a low-impact class to help regain fitness after injury or increase strength and endurance through lower body technique. This class is suitable for anyone returning from injury or older adults.
Zumba Toning	Cardio-dance moves challenging yourself adding resistance using light weights, focusing on specific muscle groups.
Zumba	Join us for a calorie-burning, easy-to-follow dance fitness-party™ choreographed to Latin and international rhythms.
Y Dance Bollywood	Bollywood dance is a vibrant and entertaining class that is suitable for all fitness levels. It gives a whole body workout while dancing to the rhythm with powerful bollywood music.
Y Cardio Dance	A fun cardio workout while dancing to popular music.
Y Cycle	This class is for anyone who loves to get a sweat-up using their bicycle. This class also has varying intensity, is suitable for all experience levels and uses various cycling techniques to keep the workout varied.
Y Cycle High Intensity	This high intensity intervals cycle training will increase your fitness level, your VO2Max and it will help you with weight loss. Expect racing above 120bpm for up to a minute.
Y Sweat	A high-speed, high energy class with a variety of body weight moves to increase your stamina. This is for anyone that enjoys a high-energy class and wants to constantly move.
Y Barre	A dynamic, energizing class that integrates ballet and dance, increasing strength and providing a full body stretch - all while listening to great music.
Y Aquafit	A shallow water medium intensity workout, using water and equipment for resistance, toning muscles and increasing endurance and flexibility. By using your body's natural buoyancy, water reduces joint stress while creating natural resistance to work your muscles.