



# Robert Lee YMCA Group Fitness Schedule

Updated September 11, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:45am-7:45am Group Power - West Gym Devon	9:15am-10am Aquafit Venus	7am-8am Vinyasa Yoga - ALS2 Sadaf	7am-8am Vinyasa Yoga - ALS2 Laura	10:45am-11:45am Gentle - Gym Venus	8:15am-9:15am Step - West Gym Mark	7:30am-8:30am Power Yoga - ALS2 Leila
7:15am-8:15am Power Yoga - ALS2 MJ	10:45am-11:30am Latin Dance - West Gym Ana	7:15am-8am Core - West Gym Veronica	8am-8:45am Strength - West Gym Mary	12pm-12:45pm Aquafit Sunan	8:30am-9:30am Hatha Yoga - ALS2 Nima	8:30am-9:30am Step & Strength - West Gym Carlos
9:15am-10am Aquafit Homa	11am-12pm Hatha Yoga - ALS2 Odile	9am-10am Gentle Tone - West Gym Faye	9am-10am Strength - West Gym Venus	12pm-1pm Advanced Stretch - ALS2 Bob	9:30am-10:30am Cycle - Hume Teresa	9:15am-10am Aquafit Homa
11am-12:15pm Hatha Yoga - ALS2 Adriaan	12:15pm-1pm Strength - West Gym Andrew	9:45am-10:30am Aquafit Shadi	9:15am-10am Aquafit Homa	12:15pm-1:15pm Cycle - Hume Shadi	9:30am-10:30am Strength - West Gym Mary	9:30am-10:15am Cycle - Hume Luli
11:15am-12:15pm Gentle Tone - West Gym Shadi	4:15pm-5:15pm Group Power - West Gym Brenden	11am-12pm Hatha Yoga - ALS2 Adele	11am-12:15pm Hatha Yoga - ALS2 Adriaan	4pm-5pm Kid's Zumba - ALS2 Ages 6-12	10am-11am Vinyasa Yoga - ALS2 Shadi	9:45am-10:45am Group Power - West Gym Reza & Devon
12:30pm-1:30pm Group Power - West Gym Shadi	4:30pm-5:15pm Cycle - Hume Alicia	12pm-12:45pm Sweat - West Gym Sahar	12pm-12:45pm Sweat - West Gym Max	4:30pm-5:30pm Step - West Gym Michael	10:45am-11:30am Persian Dance - West Gym Negar	10:30am-11:30am Zumba Toning - East Gym Gaby
1pm-1:30pm Stretch - ALS2 Jeunesse	4:30pm-5:15pm Cardio Dance - East Gym Mary	4:30pm-5:15pm Sweat - West Gym Alicia	1:15pm-3:15pm Volleyball - Gym	5pm-6pm Hatha Yoga - ALS2 Orna	11:30am-12:45pm Flow Yoga - ALS2 Lucy	11:45am-2pm Badminton Gym
3:45pm-4:45pm Power Yoga - ALS2 Rahele	5pm-6pm Power Yoga - ALS2 Kassie	5:15pm-6:15pm Cardio Dance - East Gym Ashley	4pm-5pm Kid's Yoga - ALS2 Ages 6-12	5:30pm-6:30pm Zumba - East Gym Erika	11:45am-2pm Badminton Gym	4:45pm-6:45pm Volleyball Gym
4:15pm-5:15pm Kid's Futsal - East Gym Ages 6-12	5:30pm-6:30pm Step & Strength - Gym Mark	5:15pm-6:15pm Power Yoga - ALS2 Matthew	4:15pm-5:15pm Kid's Basketball - East Gym Ages 6-12	5:45pm-6:45pm Strength - West Gym Devon		
5pm-6pm Power Yoga - ALS2 Tomo	6pm-6:45pm Cycle - Hume Donald	5:30pm-6:30pm Strength - West Gym Noor	4:30pm-5:30pm Cycle - Hume Moe	6:15pm-7:15pm Hatha Yoga - ALS2 Helia		
6pm-7pm Step & Strength - Gym Kristina	6:15pm-7:15pm Power Yoga - ALS2 Hannah	6pm-6:50pm Cycle - Hume Leonie	5:15pm-6pm Pilates - ALS2 Sean	7pm-8:30pm Session 1 - Volleyball Gym		
6pm-7pm Cycle - Hume Martin	6:45pm-8:15pm Futsal - Gym	6:30pm-7:30pm Vinyasa Yoga - ALS2 Paul	5:30pm-6:30pm Step - West Gym Mark	8:45pm-10:15pm Session 2 - Volleyball Gym		
7:15pm-8pm Zumba - Gym Tony		6:45pm-7:45pm Step - West Gym Gustavo	5:45pm-6:30pm Cardio Dance - East Gym Andrew			
			6pm-6:45pm Cycle - Hume Hector			
			6:15pm-7:15pm Dance Barre - ALS2 Nicola			
			6:45pm-7:45pm Group Power - Gym Angie			
			8pm-9:45pm Futsal - Gym			

Online Schedules Page



For live updates, please check the YMCA BC app.  
This schedule is subject to change without notice.

ALS2	Hume	Pool	West Gym	East Gym	Full Gym



Robert Lee YMCA

# Group Fitness Descriptions

Pilates	This class focuses on your core, breathing, and muscular integration to improve your posture, and to align your body.
Power Yoga	A more intense style of yoga similar to ashtanga and vinyasa focusing on strength and relaxation.
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.
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.
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
Stretch	All about setting aside time to stretch the muscles, improve posture and proper body alignment
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
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.
Step	Uses a non-slip step platform to do choreographed step routines for a variety of fitness levels.
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.
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
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	Join us for a calorie-burning, easy-to-follow dance fitness-party™ choreographed to Latin and international rhythms.
Cardio Dance	A fun cardio workout while dancing to popular music.
Persian Dance	Persian 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 Persian music.
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.
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.
Barre Dance	A dynamic, energizing class that integrates ballet and dance, increasing strength and providing a full body stretch - all while listening to great music.
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.