



# Group Fitness Schedule

Bettie Allard YMCA

\*Updated October 24th, 2024 - Fall Schedule\*



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	<b>Y Cycle Fit</b> Karen 6:00am-6:45am		<b>Y Cycle Fit</b> Karen 6:00am-6:45am	<b>Y Cycle Fit</b> Adam 7:00am-7:45am			
	<b>Y Core</b> Sepide 8:00am-9:00am	<b>*Y Strength* - Oct.</b> Ivonne 8:00am-9:00am				<b>Y Synrgy</b> Ali 8:00am-8:45am	<b>Mindful Movement</b> Wendy 7:45am-8:30am
	<b>Y Synrgy</b> Sepide 9:15am-10:00am	<b>Salsa Plus</b> Diana C 9:15am-10:15am		<b>Y Dance</b> Maryam 9:15am-10:15am	<b>Y Cycle Fit</b> Marisa 9:00am-9:45am	<b>Y Cardio w/ Step &amp; Strength</b> Waad 9:00am-10:00am	<b>Aqua Yoga</b> Jen 8:00am-8:45am
	<b>Y Hula Hoop Fitness</b> Maria 9:15am-10:00am	<b>Y Gentle Hatha Yoga</b> Connie 9:15am-10:15am	<b>Y Cardio w/ Step &amp; Strength</b> Waad 9:15am-10:15am		<b>Y Hula Hoop Fitness</b> Maria 9:15am-10:00am	<b>Y Cycle Fit</b> Marisa 9:30am-10:15am	<b>Y Boot Camp</b> Jacquie & Ranjot 9:00am-10:00am
	<b>Y Shallow Aqua Fit</b> Genevieve 9:15am-10:00am				<b>Bi-Weekly Y Deep Aqua Fit</b> Jen 9:15am-10:00am		
		<b>Y Synrgy</b> Sepide 10:15am-11:00am	<b>Y Synrgy</b> Waad 10:30am-11:15am	<b>Y Synrgy</b> Ishwarjot 10:15am-11:00am	<b>Y Synrgy</b> Sepide 10:15am-11:00am	<b>Y Cardio Dance</b> Bianca 10:15am-11:15am	<b>Y Core</b> Ranjot 10:15am-11:15am
		<b>Y Pilates</b> Dorothea 10:25am-11:25am	<b>Y Dance-Groove Flow</b> Lindy 10:30am-11:30am	<b>Y Gentle Hatha Yoga</b> Connie 10:30am-11:30am			
	<b>*Subtle Mindful Yoga/Qigong*</b> Ruby 11:30am-12:30pm	<b>Y Shallow Aqua Fit</b> Pearl 10:30am-11:15am	<b>**Y Shallow/Deep Aqua Fit**</b> Bianca 10:30am-11:15am			<b>Y Strong Hatha Yoga</b> Emily 11:30am-12:30pm	
		<b>*Y Chair Gentle Basics-Oct*</b> Aida 1:30pm-2:30pm	<b>Y Chair Gentle Basics</b> Ranjot *11:45am-12:30pm*		<b>Y Chair Gentle Basics</b> Aida 1:30pm-2:30pm	<b>Y Shallow Aqua Fit</b> Bianca 1:45pm-2:30pm	
	AFTERNOON					<b>Y Synrgy</b> Ivonne 4:00pm-4:45pm	
<b>Y Sweat</b> Brian 5:00pm-5:45pm		<b>Y Strength</b> Brenda 4:45pm-5:45pm		<b>Subtle Mindful Yoga</b> Ruby 4:45pm-5:45pm	<b>Y Strength</b> Ivonne 5:00pm-6:00pm		
		<b>Y Synrgy</b> Brian 5:00pm-5:45pm	<b>Y Synrgy</b> Jessica S 5:00pm-5:45pm	<b>Y Synrgy</b> Sepide 5:00pm-5:45pm	<b>Y Synrgy</b> Ishwarjot 5:00pm-5:45pm		
<b>Y Synrgy</b> Brian 6:00pm-6:45pm		<b>Y Synrgy</b> Brian 6:00pm-6:45pm		<b>Y Synrgy</b> Sepide 6:00pm-6:45pm			
		<b>Karate</b> (Registered Program) 6:00pm-7:00pm	<b>Y Core</b> Jessica S 6:00pm-7:00pm	<b>Karate</b> (Registered Program) 6:00pm-7:00pm	<b>Y Circuit</b> Brian 6:00pm-7:00pm		
<b>Y Cycle Fit</b> Jacquie 6:00pm-6:45pm		<b>Y Cycle Fit</b> Carlito 6:00pm-6:45pm	<b>Y Cycle Fit</b> Erin 6:00pm-6:45pm	<b>*Y Pilates-Oct.17th*</b> Atefe 6:00pm-7:00pm			
<b>Partner Salsa</b> Ricardo 6:30pm-7:30pm		<b>Zumba</b> Rita 6:15pm-7:15pm			<b>Y Cardio Dance-Bi-weekly</b> Bianca/Maryam 6:30pm-7:30pm		
			<b>Y Sweat</b> Laetitia 7:30pm-8:30pm	<b>Y Shallow Aqua Fit</b> Aida 7:45pm-8:30pm			
<b>Y Circuit</b> Brian 8:00pm-9:00pm	<b>Y Yoga</b> Emily 8:00pm-9:00pm	<b>Y Hatha Yoga</b> Hannah 8:00pm-9:00pm		<b>Y Vinyasa</b> Hannah 8:00pm-9:00pm			
<p>****Please keep in mind that the schedule may change without notice and if a class gets subbed or cancelled due to an instructor on vacation or not well, the class name may also change for that time. Thank you****</p>							
<b>Locations of classes:</b>	<b>Studio</b>	<b>Fitness Floor</b>	<b>Cycle Studio</b>	<b>Gymnasium</b>	<b>Pool</b>	<b>3rd Floor-Family Center</b>	

**If you see this \*\* around classes, this means it is a NEW Class starting!**

<b>DESCRIPTIONS</b>	<b>Zumba</b>	Join us for a calorie-burning, easy-to-follow dance fitness-party™ choreographed to Latin and international rhythms.
	<b>Bhangra</b>	This class fuses Bhangra, an energetic Punjabi dance form, with elements of Hip-hop and Bollywood. Expect a full-body workout that enhances your muscle tone and incorporates interval training — alternating fast and slow rhythms — to improve cardiovascular fitness. Some moves may challenge your flexibility and balance, and modifications are always available to ensure that everyone can groove to the beat and enjoy the fitness benefits. No dance experience is required.
	<b>Y Cardio Dance</b>	Get ready to sweat and have fun with this high-energy cardio workout! Combining the power of kickboxing moves with the rhythm of popular music, you'll punch, kick, and dance your way through a series of songs designed to boost your heart rate and burn calories. Whether you're a seasoned dancer or new to kickboxing, this class offers a fun and accessible way to get fit while moving to the beat. Perfect for all fitness levels, it's a workout that feels more like a dance party!
	<b>Y Dance</b>	Dance Fitness is a workout that combines rhythmic movements with greatest songs of all time and modern hits that will keep you motivated and energized throughout the class. With each step and move we will burn calories and improve cardiovascular endurance. And there is more! Dance Fitness class also enhances coordination, agility, boosts mood and reduces stress. Anna will guide you through a variety of fun and engaging routines and you will leave feeling uplifted and accomplished. So lace up your sneakers and let's move together to get energized and empowered!
	<b>Y Dance-Groove Flow</b>	This class first warms up the body's energy / chakra centers before we get into free-style dancing to funk music, closing with a full body stretch out. Instructor Lindy Sisson invites you to join in and up your joy factor in this Wednesday morning dance party!
	<b>Y Partner Salsa Plus</b>	Partner dances are for all audiences and ages. Excellent way to meet people and make friends! Together we will get to know each other, have fun and learn different cultures. Includes Salsa, Samba, Zouk, Forro, Tango, etc.
	<b>Y Salsa Plus</b>	Join us for easy-to-follow dance steps choreographed to Latin rhythms.
	<b>Y Hula Hoop Fitness</b>	Y Hula Hoop Fitness is all about putting the fun back into your fitness! Combining tried and tested fitness techniques with hip-shakin' hula hoops, it will burn those calories, tone those abs and, above all, give you a feel-good workout you will want MORE of!
	<b>Y Syngry</b>	Train with our Personal Trainers using a variety of equipment such as battle ropes, TRX® suspension trainers, medicine balls, cables, dumbbells, bands, steps, bosu's, body balls, rower, kettle bells on the Fitness floor as well as some cardio stints on our indoor track.
	<b>Y Cycle Fit</b>	Cycle your way to good health. A class of varying intensity, suitable for all experience levels, this class uses various cycling techniques to keep the workout varied.
	<b>Y Bootcamp</b>	Boot Camp combines the best of cardiovascular and strength training. Expect to challenge your mind and body as you alternate between high and low intensity exercises through timed intervals of free weights, plyometrics, cardio training & balance work during a circuit style workout.
	<b>Y Step and Sculpt</b>	Step & Sculpt uses an adjustable, non-slip platform step and Weights for a calorie-burning, stamina enhancing, muscle toning class to suit all fitness levels.
	<b>Y Cardio w/ Step &amp; Strength</b>	This dynamic 60-minute class combines 30 minutes of high-energy cardio using a step to elevate your heart rate and improve cardiovascular endurance, followed by 30 minutes of full-body strength training. You'll work all major muscle groups with dumbbells, bands, and bodyweight exercises, building lean muscle and increasing strength. Suitable for all fitness levels, this class offers modifications to meet your needs, ensuring a fun and effective workout that leaves you feeling accomplished and energized!
	<b>Y Strength</b>	Using barbells, bands, dumbbells and your own bodyweight, this powerful workout will have you feeling a burn long after you are finished.
	<b>Y Sweat</b>	A high speed, high energy class with a variety of exercises focusing on Cardio and Strength in a Bootcamp fashion to increase your stamina.
	<b>Y Circuit</b>	Learn how to use our Life Fitness Strength Circuit Machines while getting a full body working out at the same time. There are 11 machines plus 1 cardio option. You will start with a warm up, go through each machine 3 times doing 12 reps and then finish off with a stretch. All Levels Welcome.
	<b>Y Chair Gentle Basics</b>	A class designed to improve posture, co-ordination, endurance strength and balance standing or seated in a chair.
	<b>Y Core</b>	A workout that includes a variety of exercises to improve your back strength, abdominal strength, balance and coordination.
	<b>Mindful Movement</b>	The practice of using a small soft pilates ball; using breath/body/mind together in a slow and controlled manner; in a calm/focused state. Using all these aspects to really connect to our body, bringing more awareness where we are strong or where the weakness shows up. These movements can enhance our body and mind to be connected in everyday activities.
	<b>Y Pilates</b>	Focusing on your core, breathing and muscular integration to improve your posture, and to align your body,
	<b>Y Gentle Hatha Yoga</b>	Gentle yoga is essentially what it sounds like—a gentler style of hatha yoga practice. It is performed at a slower pace, with less intense positions, and usually includes extended time for meditation, yogic breath work, and relaxation.
	<b>Y Hatha Yoga</b>	An introduction to basic breathing techniques, postures and relaxation exercises.
	<b>Strong Hatha Yoga</b>	This dynamic yoga practice focuses on a balance of alignment with steady, potentially challenging, postures that links with the breath. Expect to move through smooth yet diverse sequences, cultivating a sense of moving meditation while building physical and mental strength, flexibility and inner peace.
	<b>Y Vinyasa</b>	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.
	<b>Y Yoga</b>	This class is an introduction to basic breathing techniques, postures and relaxation exercises.
	<b>Y Restorative Yoga</b>	Subtle yoga for the greater nervous system resilience and brain function. Happy joints, happy core.
	<b>Power Yoga</b>	Power yoga is a fast-paced cardiovascular workout focused on building strength and flexibility in the body through high-impact yoga postures. The definition of power yoga varies depending on where you practice, but there are some core characteristics that most power yoga classes have in common: Strength-building.
	<b>Ashtanga</b>	Ashtanga is a very dynamic and athletic form of hatha yoga, made up of six series or levels, with a fixed order of postures. It is rooted in vinyasa, the flowing movements between postures, with a focus on energy and breath. While it is a very physical practice, it also promotes mental clarity and inner peace.
	<b>Subtle Mindful Yoga</b>	Focus's on breath for concentration using Yoga Therapy tools and techniques for self empowerment and self care to help you relieve stress and live a better life by building resilience in the Nervous System & optimize brain function.
	<b>Subtle Mindful Yoga/Qigong</b>	Allows interoceptive awareness which means listening to your body's physical sensations - your pattern of self talk - emotional reactions - mental thoughts and patterns of how you relate to yourself (your subtle energy). Enhance your sensing ability that builds your relationship between body-mind-breath connection. It involves: mindfully moving (with kindness) - stillness (with attention turned inwards) - mindful breath (soft and steady) for better physical health and emotional and mental well being.
	<b>Yoga Nidra</b>	Yoga Nidra is a form of deep relaxation where the practitioner's body is completely relaxed and the teacher guides them with verbal instructions. A typical session lasts 30-45 minutes. It is most often taught with the student lying down being guided by a teacher. *Bring own blanket*
	<b>Y Shallow Aqua Fit</b>	This aerobics class in shallow water is a fun, safe and effective way to tone muscles, burn calories and keep fit without stressing your joints! It's perfect if you are new to aquafit. All levels welcome.
	<b>Y Deep Aqua Fit</b>	Deep water aerobics is performed in water that submerges the body up to the neck. Having your full body working against the resistance of the water makes the exercises more challenging. If you are not a swimmer and would like to try, the shallow side is also available. All levels welcome.
<b>Aqua Yoga</b>	Practice Aqua Yoga to strengthen your muscles and increase your mobility with little impact to your joints. The serene movement and resistance to water supports and improves your balance while alleviating the pressure of muscles or joint concerns. The soothing sensation of exercising in the water relaxes the body and can lower stress, improving heart health.	
<b>Hybrid Classes**</b>	Hybrid means the class is recorded live so members can do their workout at home from Y@home as well if they can not make a class. The camera focus on the instructor and all participants faces will be blurred if in the video.	
<b>Karate 7 years and up Registered Program</b>	The Karate program will focus on the traditional teachings of the martial art and includes two structured karate lessons per week led by a professional instructor from Downtown Shotokan Karate. Cost \$360.00 Register online or at the membership desk.	

<b>ADDITIONAL INFORMATION</b>	Additional classes will be added to the schedule. Please continue to check our website for updates.
	Schedules, registrations and availability are subject to change. For accuracy always check Mindbody on our website.
	Bookings and cancellations can be made between 6:00 a.m. and 11:00 p.m. daily. Our booking system is unavailable overnight. Cancellations must be made 3 hours in advance.
	<b>No-Show Policy</b> - If you miss three or more of your bookings or do not cancel within 3 hours of your time slot, your advance booking privileges will be deactivated for two weeks. For those members who are not able to book in advance, the YMCA will offer a standby option.
<b>Standby Policy</b> – Members who reserved a space will need to arrive 5 mins prior to the class start time. If members do not arrive, the space may be given to a standby user and the registered member will forego their spot.	
Learn more about our <b>Code of Conduct and Health and Safety</b> : <a href="http://www.gv.ymca.ca/health-safety">www.gv.ymca.ca/health-safety</a>	

<b>Bettie Allard YMCA: 604-686-9622</b>	<b>For Membership Inquiries: info@bc.ymca.ca 604-939-9622</b>	<b>Updated: October 11th, 2024</b>
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