



Group Fitness Schedule

Bettie Allard YMCA

Winter Break December 23rd to January 5th, 2025

	MONDAY December 23rd	TUESDAY December 24th - 5:30am-5pm	WEDNESDAY December 25th Closed	THURSDAY December 26th - Stat - 7am-9pm	FRIDAY December 27th	SATURDAY December 28th	SUNDAY December 29th	
Week 1	Y Cycle Fit Karen 6:00am-6:45am		Closed		Y Cycle Fit Marisa 9:00am-9:45am	Y Synrgy Waad 8:00am-8:45am	Mindful Movement Wendy 7:45am-8:30am	
	Y Core Sepide 8:00am-9:00am			Y Dance Maryam 9:15am-10:15am	Y Synrgy Sepide 10:15am-11:00am	Y Cardio w/ Step & Strength Waad 9:00am-10:00am	Y Boot Camp Jacquie & Ranjot 9:00am-10:00am	
	Y Synrgy Sepide 9:15am-10:00am	Y Synrgy Sepide 10:15am-11:00am			Y Synrgy Ranjot 10:15am-11:00am		Y Cycle Fit Marisa 9:30am-10:15am	Y Core Ranjot 10:15am-11:15am
	Y Shallow Aqua Fit Genevieve 9:15am-10:00am					Y Synrgy Ivonne 4:00pm-4:45pm		
	Y Sweat Brian 5:00pm-5:45pm				Y Synrgy Sepide 5:00pm-5:45pm	Y Strength Ivonne 5:00pm-6:00pm	Y Shallow Aqua Fit Waad 1:45pm-2:30pm	
	Y Synrgy Brian 6:00pm-6:45pm				Y Synrgy Sepide 6:00pm-6:45pm			
	Y Cycle Fit Jacquie 6:00pm-6:45pm				Y Pilates Atefe 6:00pm-7:00pm	Y Circuit Brian 6:00pm-7:00pm		
	Partner Salsa Ricardo 6:30pm-7:30pm							
	5k Running Group Stephanie 6:30pm-7:30pm							
	Y Circuit Brian 8:00pm-9:00pm							
	MONDAY December 30th	TUESDAY December 31st - 5:30am-5pm	WEDNESDAY January 1st - Stat - 7am-9pm	THURSDAY January 2nd	FRIDAY January 3rd	SATURDAY January 4th	SUNDAY January 5th	
Week 2	Y Cycle Fit Karen 6:00am-6:45am			Y Cycle Fit Adam 7:00am-7:45am	Y Cycle Fit Marisa 9:00am-9:45am	Y Synrgy Ali 8:00am-8:45am	Mindful Movement Wendy 7:45am-8:30am	
	Y Core Sepide 8:00am-9:00am		Y Cardio w/ Step & Strength Waad 9:15am-10:15am	Y Dance Maryam 9:15am-10:15am	Y Synrgy Sepide 10:15am-11:00am	Y Cardio w/ Step & Strength Waad 9:00am-10:00am	Y Boot Camp Ranjot 9:00am-10:00am	
	Y Synrgy Sepide 9:15am-10:00am	Y Synrgy Sepide 10:15am-11:00am	Y Synrgy Waad 10:30am-11:15am	Y Synrgy Ranjot 10:15am-11:00am	Y Chair Gentle Basics Aida 1:30pm-2:30pm	Y Cycle Fit Marisa 9:30am-10:15am	Y Core Ranjot 10:15am-11:15am	
	Y Shallow Aqua Fit Genevieve 9:15am-10:00am	Y Shallow Aqua Fit Pearl 10:30am-11:15am	Y Chair Gentle Basics Ranjot 11:45am-12:30pm		Y Synrgy Ivonne 4:00pm-4:45pm	Y Cardio Dance Bianca 10:15am-11:15am		
	Y Sweat Brian 5:00pm-5:45pm		Y Sound Healing Yoga Lisa 12:45am-1:45pm		Y Strength Ivonne 5:00pm-6:00pm	Y Strong Hatha Yoga Emily 11:30am-12:30pm		
	Y Synrgy Brian 6:00pm-6:45pm		Y Synrgy Jessica S 5:00pm-5:45pm	Y Synrgy Sepide 5:00pm-5:45pm	Y Synrgy Ishwarjot 5:00pm-5:45pm	Y Shallow Aqua Fit Waad 1:45pm-2:30pm		
	Y Cycle Fit Jacquie 6:00pm-6:45pm		Y Core Jessica S 6:00pm-7:00pm	Y Synrgy Sepide 6:00pm-6:45pm	Y Circuit Brian 6:00pm-7:00pm			
	Partner Salsa Ricardo 6:30pm-7:30pm			Y Pilates Atefe 6:00pm-7:00pm	Y Shallow Aqua Fit Aida 7:45pm-8:30pm			
	5k Running Group Stephanie 6:30pm-7:30pm							
	Y Circuit Brian 8:00pm-9:00pm			Y Sweat Ivonne 7:30pm-8:30pm	Y Vinyasa 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>								
Locations of classes:	Studio	Fitness Floor	Cycle Studio	Gymnasium	Pool	3rd Floor-Family Center		

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

DESCRIPTIONS	Zumba	Join us for a calorie-burning, easy-to-follow dance fitness-party** choreographed to Latin and international rhythms.■
	Bhangra	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.
	Y Cardio Dance	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!
	Y Dance	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!
	Y Dance-Groove Flow	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!
	Y Partner Salsa Plus	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 Sisa, Samba, Zouk, Forro, Tango, etc.
	Y Salsa Plus	Join us for easy-to-follow dance steps choreographed to Latin rhythms.
	Y Hula Hoop Fitness	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!
	Y Syngy	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.
	Y Cycle Fit	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.
	Y Bootcamp	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.
	Y Step and Sculpt	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.
	Y Cardio w/ Step & Strength	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!
	Y Strength	Using barbells, bands, dumbbells and your own bodyweight, this powerful workout will have you feeling a burn long after you are finished.
	Y Sweat	A high speed, high energy class with a variety of exercises focusing on Cardio and Strength in a Bootcamp fashion to increase your stamina.
	Y Circuit	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.
	Y Chair Gentle Basics	A class designed to improve posture, co-ordination, endurance strength and balance standing or seated in a chair.
	Y Core	A workout that includes a variety of exercises to improve your back strength, abdominal strength, balance and coordination.
	Mindful Movement	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.
	Y Pilates	Focusing on your core, breathing and muscular integration to improve your posture, and to align your body,
	Y Gentle Hatha Yoga	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.
	Y Hatha Yoga	An introduction to basic breathing techniques, postures and relaxation exercises.
	Strong Hatha Yoga	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.
	Y Vinyasa	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 Yoga	This class is an introduction to basic breathing techniques, postures and relaxation exercises.
	Y Restorative Yoga	Subtle yoga for the greater nervous system resilience and brain function. Happy joints, happy core.
	Power Yoga	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.
	Ashtanga	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.
	Subtle Mindful Yoga	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.
	Subtle Mindful Yoga/Qigong	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.
	Yoga Nidra	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*
	Y Shallow Aqua Fit	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.
	Y Deep Aqua Fit	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.
Aqua Yoga	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.	
Hybrid Classes**	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.	

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