

Group Fitness Schedule Updated Feb 27th, 2025

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|-------------------------------------|--|--------------------------------------|--------------------------------------|---|
| Morning – Open to 12:00pm | | | | | | |
| Synergy(F) 7:15-8am | Sweat(W) 6:45-7:30am | Vinyasa Yoga (A) 7-8am | Vinyasa Yoga(A) 7-8am | Hatha Yoga(A) 7-8am | Synergy(F) 8-8:45 am | Power Yoga (A) 7:30-8:30am |
| Strength(W) 9-10am | Vinyasa Yoga(A) 7-8am | Core (W) 7:15-8am | Strength (W) 8:00am-8:45am | Gentle Tone (G) 10:45-11:45am | Synergy(F) 9-9:45am | Cycle (H) 9:30-10:15am |
| | Aqua Dance (p) 9:30 –10:15am- | Gentle Tone (W) 9-10am | Strength and Sweat(W) 9-10am | | Power Yoga(A) 7:30–8:30am | Mossa Group Power (F) 9:30-10:30am |
| Gentle Tone (W) 11:15-12:15pm | Hatha Yoga (A) 11-12pm | Synergy(F) 9:30-10:15am | Aquafit(P) 9-9:45am | | Step (W) 8:15-9:15am | Zumba Toning (E) 10:45-11:30am |
| Synergy(F) 1:30-2:15pm | | Aquafit (P) 10:15-11am | | | Cycle (H) 9:30-10:30am | Cycle(H) 11-11:45am |
| Mossa Group Power (W) 12:30-1:30pm | Strength (W) 12:15-1pm | Strength (W) 12-12:45pm | Synergy (F) 2-2:45pm | Aquafit (P) 12-12:45pm | Strength(W) 9:30 –10:30am | |
| Stretch (A) 1-1:30pm | Aquafit(p) 2:15-3pm | Synergy(F) 1:30-2:15pm | | Cycle (H) 12:15pm-1:15pm | Vinyasa Yoga (A) 10-11am | |
| Aquafit (P) 2-2:45pm | | | Barre(W) 4:15-5:15 | Synergy 1:30-2:15pm | Persian Dance (W) 10:45-11:30 | |
| Evening – Close | | | | | | |
| Latin Zumba(W) 4:15-5pm | Group Power (W) 4:15-5:15pm | Cardio Dance (A) 5:15-6:15pm | Synergy (F) 4:30-5:15pm | | | Hatha Yoga(A) pm 3:30-4:30 |
| Power Yoga (A) 5-6pm | Synergy(F) 4:15-5pm | Strength (W) 5:30-6:30pm | Pilates (A) 5:15-6pm | Step (W) 4:30-5:30pm | | Flow Yoga(A) 7-8pm |
| Step and Strength(G) 6-7pm | Cardio Dance (E) 4:30-5:15pm | Cycle (H) 6-6:50pm | Step(W) 5:30-6:30pm | Hatha Yoga(A) 5-6pm | | |
| Cycle(H) 6-7pm | Power Yoga(A) 5-6pm | Vinyasa Yoga (A) 6:45-7:45pm | Cardio Dance(E) 5:45-6:30pm | Zumba (E) 5:30-6:30pm | | |
| Zumba (G) 7:15-8pm | Step and Strength (G) 5:30-6:30pm | Step (W) 6:45-7:45pm | Cycle (H) 6-6:45pm | Strength (W) 5:45-6:45pm | | |
| Stretch (A) 6:15-7:15pm | Cycle (H) 6-7pm | Synergy(F) 7:45-8:30pm | Dance Fit (A) 6:15-7:15pm | Cycle(H) 6-7pm | | |
| Synergy(F) 8-8:45pm | Vinyasa Yoga (A) 6:15-7:15pm | | Mossa Group Power (G) 6:45-7:45pm | Hatha Yoga (A) 6:15-7:15pm | | |
| | Karate (A) 7:30-8:30pm | | Karate(A) 7:30-8:30 pm | | | |
| For bookings, live updates, instructors and class descriptions, please check the YMCA BC app. | | | | | | |

Room Guide: (G) Gymnasium · (W) West Gymnasium · (E) East Gymnasium · (H) Hume Studio · (A) Active Living Studio 2 · (P) Pool. Functional room (F)

