

Group Fitness Schedule Updated Jan28th, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning – Open to 12:00pm						
Synergy (F) 7-7:45am	Sweat (W)6:45-7:30am	Vinyasa Yoga (A) 7-8am	Vinyasa Yoga (A)7-8am	Gentle Tone (G) 10:45-11:45am	Synergy (F)8-8:45 am	Power Yoga (A) 7:30-8:30am
Power Yoga (A) 7:15-8:15am	Latin Dance (W) 10:45-11:30am	Core (W) 7:15-8am	Strength (W) 8:00am-8:45am		Synergy (F)9-9:45am	Cycle (H) 9:30-10:15am
Hatha Yoga (A) 11-12:15pm	Hatha Yoga (A) 11-12pm	Gentle Tone (W) 9-10am	Strength (W) 9-10am		Step (W) 8:15-9:15am	Group Power (W) 9:45-10:45am
Gentle Tone (W) 11:15-12:15pm		Aquafit (P) 9:45-10:30am	Aquafit (P)11-11:45am		Hatha Yoga (A) 8:30-9:30am	Zumba Toning (E) 10:30-11:30am
		Hatha Yoga (A) 11-12pm	Hatha Yoga (A) 11-12:15pm		Cycle (H) 9:30-10:30am	Cycle (H)11-11:45am
Afternoon – 12:00pm to 4:00pm						
Group Power (W) 12:30-1:30pm	Strength (W) 12:15-1pm	Strength (W) 12-12:45pm	Synergy (F) 2-2:45pm	Adv. Stretch (A) 12-1pm	Strength (W) 9:30-10:30am	
Stretch (A) 1-1:30pm	Aquafit (p) 1:30 to 2:15 pm	Synergy (F) 1:30-2:15pm		Aquafit (P) 12-12:45pm	Vinyasa Yoga (A) 10-11am	
Aquafit (P) 2-2:45pm	Synergy (F) 4:14-5PM			Cycle (H) 12:15pm-1:15pm	Persian Dance (W) 10:45-11:30	
Evening – 4:00pm to Close						
Latin Dance (W)4:15-5pm	Group Power (W) 4:15-5:15pm	Cardio Dance (E) 5:15-6:15pm	Synergy (F)4:30-5:15pm	Synergy 1:30-2:15pm		
Power Yoga (A) 5-6pm	Cardio Dance (E) 4:30-5:15pm	Strength (W) 5:30-6:30pm	Pilates (A) 5:15-6pm	Step (W) 4:30-5:30pm		
Step and Strength (G) 6-7pm	Power Yoga (A) 5-6pm	Cycle (H)6-6:50pm	Step (W) 5:30-6:30pm	Hatha Yoga (A) 5-6pm		
Cycle (H) 6-7pm	Synergy (F)5:15-6pm	Vinyasa Yoga (A) 6:30-7:30pm	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) 7-8pm	Cycle (H) 6-6:45pm		Dance Fit (A) 6:15-7:15pm	Cycle (H) 6-7pm		
	Power Yoga (A) 6:15-7:15pm		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)