## Group Fitness Schedule Updated Apr 13th 2025

Sweat(W)6:45- 7:30AM Vinyasa Yoga(A)7-8AM Latin Dance (E) 9:30 -10:30AM Fusion(W)9- 10AM Hatha Yoga (A) 11-12PM Cycle(H)12- 12:45PM	Vinyasa Yoga (A) 7-8AM Core (W) 7:15-8AM Cycle(H)7:15-8am Gentle Tone (G) 9-10AM Synergy(F) 9:30- 10:15AM	<ul> <li>Open to 12</li> <li>Vinyasa Yoga(A)7-8AM</li> <li>Strength (W) 8:00-8:45AM</li> <li>Gentle Tone(W) 9-10AM</li> <li>Aquafit(P)9- 9:45AM</li> </ul>	2:00pm Hatha Yoga(A) 6:30-7:30AM Gentle Tone (G) 10:45-11:45AM Cycle (H) 12:15-1:15PM Fusion(W)12- 1PM Aquafit(P)12-	Synergy(F)8- 8:45 AM Synergy(F)9- 9:45AM Power Yoga(A)7:30- 8:30AM Step (W) 8:15-9:15AM Cycle (H)	Power Yoga (A)           7:30-8:30AM           Synergy(F)         8:15-           9 AM           Cycle (H)           9:30-10:15AM           Mossa Group           Power (F)         9:30-           10:30AM
7:30AM Vinyasa Yoga(A)7-8AM Latin Dance (E) 9:30 -10:30AM Fusion(W)9- 10AM Hatha Yoga (A) 11-12PM Cycle(H)12-	Yoga (A) 7-8AM Core (W) 7:15-8AM Cycle(H)7:15-8am Gentle Tone (G) 9-10AM Synergy(F) 9:30- 10:15AM	Yoga(Å)7-8AM Strength (W) 8:00-8:45AM Gentle Tone(W) 9-10AM Aquafit(P)9-	6:30-7:30AM Gentle Tone (G) 10:45-11:45AM Cycle (H) 12:15-1:15PM Fusion(W)12- 1PM	8:45 AM Synergy(F)9- 9:45AM Power Yoga(A)7:30- 8:30AM Step (W) 8:15-9:15AM	7:30-8:30AM Synergy(F) 8:15- 9 AM Cycle (H) 9:30-10:15AM Mossa Group Power (F) 9:30-
Yoga(Å)7-8AM Latin Dance (E) 9:30 –10:30AM Fusion(W)9- 10AM Hatha Yoga (A) 11-12PM Cycle(H)12-	7:15-8AM Cycle(H)7:15-8am Gentle Tone (G) 9-10AM Synergy(F) 9:30- 10:15AM	8:00-8:45AM Gentle Tone(W) 9-10AM Aquafit(P)9-	10:45-11:45AM <b>Cycle</b> (H) 12:15-1:15PM <b>Fusion</b> (W)12- 1PM	9:45AM <b>Power</b> <b>Yoga</b> (A)7:30– 8:30AM <b>Step</b> (W) 8:15-9:15AM	9 AM <b>Cycle</b> (H) 9:30-10:15AM <b>Mossa Group</b> <b>Power</b> (F) 9:30-
9:30 –10:30AM Fusion(W)9- 10AM Hatha Yoga (A) 11-12PM Cycle(H)12-	<b>Gentle Tone</b> (G) 9-10AM <b>Synergy</b> (F) 9:30- 10:15AM	9-10AM Aquafit(P)9-	12:15-1:15PM Fusion(W)12- 1PM	Yoga(A)7:30- 8:30AM Step (W) 8:15-9:15AM	9:30-10:15AM <b>Mossa Group</b> <b>Power</b> (F) 9:30-
10AM Hatha Yoga (A) 11-12PM Cycle(H)12-	9-10AM <b>Synergy</b> (F) 9:30- 10:15AM		1PM	8:15-9:15AM	Power (F) 9:30-
11-12PM <b>Cycle</b> (H)12-	10:15AM		Aquafit(P)12-		
	Aquafit(P) 10:15-		12:45PM	9:30-10:30AM	Zumba Toning (E) 10:45-11:30AM
	11AM			<b>Strength</b> (W) 9:30 -10:30AM	Aquafit(P) 1-1:45 PM
Aquafit(P)2- 2:45PMGentle Tone(W) 1:15-2PMAquafit(P)2:15- 3PM	<b>Strength</b> (W)1:15- 2:15PM	<b>Synergy</b> (F) 2-2:45PM		Vinyasa Yoga (A) 10-11AM	
	<b>Synergy</b> (F) 2:30- 3:15PM	Barre(W)4:15- 5:15PM	<b>Synergy</b> 1:30- 2:15PM	<b>Persian Dance</b> (W) 10:45- 11:30AM	
	E١	vening – Close	3		
Group Power (W) 4:15-5:15PM	Cardio Dance (E) 5:15-6:15PM	<b>Synergy</b> (F)4:30-5:15PM			Hatha Yoga(A) 3:30-4:30PM
Synergy(F)4:15- 5PM	<b>Power Yoga</b> (A)5:15 TO 6:15PM	<b>Pilates</b> (A) 5:15-6PM	<b>Step</b> (W) 4:30-5:30PM		Flow Yoga(A)7- 8PM
cardio Dance (E) 4:30-5:15PM	<b>Strength</b> (W) 5:30-6:30PM	<b>Step</b> (W) 5:30-6:30PM	Hatha Yoga(A) 5-6PM		
Power Yoga(A) 5-6PM	<b>Cycle</b> (H)6-6:50PM	Cardio Dance(E) 5:45-6:30PM	<b>Strength</b> (W) 5:45-6:45PM		
Step and Strength (G) 5:30-6:30PM	<b>Vinyasa Yoga</b> (A) 6:45-7:45PM	<b>Cycle</b> (H) 6-6:45PM	<b>Cycle</b> (H) 6-7PM		
<b>Cycle</b> (H) 6-7PM	<b>Step</b> (W) 6:45-7:45PM	<b>Dance Fit</b> (A) 6:15-7:15PM	Hatha Yoga (A) 6:15-7:15PM		
<b>'inyasa Yoga</b> (A) 6:15-7:15PM	<b>Synergy</b> (F) 7:45- 8:30PM	Mossa Group Power (G) 6:45-7:45PM			
	entle Tone(W) 1:15-2PM quafit(P)2:15- 3PM Power (W) 4:15-5:15PM ynergy(F)4:15- 5PM rdio Dance (E) 4:30-5:15PM Power Yoga(A) 5-6PM Step and Strength (G) 5:30-6:30PM Cycle (H) 6-7PM nyasa Yoga (A)	12:45PM       Aduant(P) 10:13-11AM         entle Tone(W)       Strength(W)1:15-2:15PM         quafit(P)2:15-3PM       Synergy(F) 2:30-3:15PM         quafit(P)2:15-3PM       Synergy(F) 2:30-3:15PM         Group       Cardio Dance (E)         Power (W)       Cardio Dance (E)         4:15-5:15PM       Cardio Dance (E)         ynergy(F)4:15-5PM       Power Yoga(A)5:15         ordio Dance (E)       Strength (W)         4:30-5:15PM       Strength (W)         5:30-6:30PM       Cycle (H)6-6:50PM         Step and       Vinyasa Yoga (A)         5:30-6:30PM       6:45-7:45PM         Cycle (H)       Step (W)         6:45-7:45PM       Synergy(F) 7:45-	12:45PM       Aquant(P) 10:15- 11AM         entle Tone(W) 1:15-2PM       Strength(W)1:15- 2:15PM       Synergy (F) 2-2:45PM         quafit(P)2:15- 3PM       Synergy(F) 2:30- 3:15PM       Barre(W)4:15- 5:15PM         Group Power (W) 4:15-5:15PM       Cardio Dance (E) 5:15-6:15PM       Synergy (F)4:30-5:15PM         ynergy(F)4:15- 5PM       Power Yoga(A)5:15 TO 6:15PM       Pilates (A) 5:15-6PM         ordio Dance (E) 4:30-5:15PM       Strength (W) 5:30-6:30PM       Step(W) 5:30-6:30PM         ower Yoga(A) 5-6PM       Cycle (H)6-6:50PM       Cardio Dance(E) 5:45-6:30PM         Step and Strength (G) 5:30-6:30PM       Vinyasa Yoga (A) 6:45-7:45PM       Cycle (H) 6-6:45PM         Cycle (H) 6-7PM       Step (W) 6:45-7:45PM       Dance Fit (A) 6:15-7:15PM         myasa Yoga (A) 6:15-7:15PM       Synergy(F) 7:45- 8:30PM       Mossa Group Power	12:45PM         Aquanit(P) 10:13- 11AM         Synergy (F) 2-2:45PM           entle Tone(W) 1:15-2PM         Strength(W)1:15- 2:15PM         Synergy (F) 2-2:45PM           quafit(P)2:15- 3PM         Synergy(F) 2:30- 3:15PM         Barre(W)4:15- 5:15PM         Synergy 1:30- 2:15PM           Group Power (W) 4:15-5:15PM         Cardio Dance (E) 5:15-6:15PM         Synergy (F)4:30-5:15PM         Step (W) 4:30-5:30PM           ynergy(F)4:15- 5PM         Power Yoga(A)5:15 TO 6:15PM         Pilates (A) 5:30-6:30PM         Step (W) 4:30-5:30PM           ardio Dance (E) 4:30-5:15PM         Strength (W) 5:30-6:30PM         Step(W) 5:30-6:30PM         Step(W) 5:45-6:45PM           ower Yoga(A) 5-6PM         Cycle (H)6-6:50PM         Cardio Dance(E) 5:45-6:30PM         Strength (W) 5:45-6:45PM           Step and Strength (G) 5:30-6:30PM         Vinyasa Yoga (A) 6:45-7:45PM         Cycle (H) 6-6:45PM         Hatha Yoga (A) 6:15-7:15PM           Step and Strength (G) 5:30-6:30PM         Step (W) 6:45-7:45PM         Dance Fit (A) 6:15-7:15PM         Hatha Yoga (A) 6:15-7:15PM           nyasa Yoga (A) 6:15-7:15PM         Synergy(F) 7:45- 8:30PM         Mossa Group Power         Hatha Yoga (A) 6:15-7:15PM	12:45PM       Adjuit(P) 10:13- 11AM       9:30 - 10:30AM         entle Tone(W) 1:15-2PM       Strength(W)1:15- 2:15PM       Synergy (F) 2:2:45PM       Vinyasa Yoga (A) 10-11AM         quafit(P)2:15- 3PM       Synergy(F) 2:30- 3:15PM       Barre(W)4:15- 5:15PM       Synergy 1:30- 2:15PM       Persian Dance (W) 10:45- 11:30AM         Group Power (W) 4:15-5:15PM       Cardio Dance (E) 5:15-6:15PM       Synergy (F)4:30-5:15PM       Step (W) 4:30-5:30PM       Step (W) 4:30-5:30PM         ynergy(F)4:15- 5PM       Power Yoga(A)5:15 TO 6:15PM       Pilates (A) 5:30-6:30PM       Step (W) 5:30-6:30PM       Step (W) 5:30-6:30PM         variation Dance (E) 5:45-6:30PM       Strength (W) 5:30-6:30PM       Step (W) 5:45-6:45PM       Stength (W) 5:45-6:45PM         Step and Strength (G) 5:30-6:30PM       Vinyasa Yoga (A) 6:45-7:45PM       Cycle (H) 6-6:45PM       Cycle(H) 6-7PM         Step (H) 6-7PM       Step (W) 6:45-7:45PM       Dance Fit (A) 6:15-7:15PM       Hatha Yoga (A) 6:15-7:15PM       6:15-7:15PM

YMCA BC

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