

Fall Studio Schedule

Effective September 2 - December 31, 2008

Facility hours: Mon - Fri 6 am - 10 pm, Sat & Sun 8 am - 5:30 pm

Class Updates Hotline: 604-895-5795

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 - 7:30 am Cardio Fusion 1	6:15 - 7:15 am Indoor Cycling 4	6:30 - 7:30 am Sport Yoga 2	6:15 - 7:15 am Indoor Cycling 4	6:30 - 7:15 am Indoor Cycling 4	8:30 - 10:00 am Cycle Core 4/1 <small>NEW TIME!</small>
					9:00 - 10:30 am Prenatal Yoga ^{NEW} 2
12:15 - 1:00 pm Cycle Circuit (starts 12:10) 4 Step Circuit 1 Pilates Mat Level I* 2 Meditation ^{NEW} (CIBC Rm - 4 th fl)	12:15 - 1:00 pm Body Sculpt 1 Cardio Kickbox 2 Indoor Cycling 4	12:15 - 1:00 pm Step Circuit 1 Pilates Mat Level I* 2 Beginner Indoor Cycling 4	12:15 - 1:00 pm Body Sculpt 1 Cardio Workout 2 Indoor Cycling 4	12:15 - 1:00 pm Step 1 YogaFlow 2 Indoor Cycling 4	10:30 am - 12:00 pm Yoga 2
					SUNDAY
1:15 - 2:00 pm YogaFlow 1 Sport Boot Camp ^{NEW} 2	1:15 - 2:00 pm Pilates Mat Level 1* 2 WOW W Yoga Nidra ^{NEW} 1 (Trial Series: Oct 7 - Nov 18)	1:15 - 2:00 pm Indoor Cycling 4 YogaFlow 1	1:15 - 2:00 pm YogaFlow ^{NEW} 1 WOW W Beginner Pilates Series** 2	1:15 - 2:00 pm DanceFit 1 4:00 - 5:05 pm Yin Yoga ^{NEW} 2	PLEASE NOTE: Prior to class, please let your instructor know if you have any medical conditions which may affect your ability to exercise. Classes may be cancelled due to low participation. Keiser equipment and Indoor Cycling bikes are reserved for participants during class times.
5:15 - 6:15 pm Step 1 Indoor Cycling 4	5:15 - 6:15 pm Butts & Guts ^{NEW} 2 DanceFit 1	5:15 - 6:15 pm Boot Camp 1 Cardio Kickbox 2 Indoor Cycling 4	5:15 - 6:15 pm Step 1 Indoor Cycling 4	5:15 - 6:45 pm Yoga 2	
5:15 - 6:45 pm Beginner Yoga 2			5:15 - 6:45 pm Vinyasa Yoga 2	5:30 - 6:30 pm Pilates Mat Level I* 1	
6:30 - 7:30 pm DanceFit 1	6:30 - 7:30 pm Pilates Mat Level II* 1 6:30 - 7:45 pm Sport Yoga 2	6:30 - 7:30 pm Beginner Pilates Series** 1 6:30 - 8:00 pm Yoga 2	6:30 - 7:30 pm Pilates Mat Level II* 1	6:30 - 7:30 pm ^{NEW} Zumba 1	

* = Prerequisite required
(See class description)

** = Registered series
with a \$40 returnable
deposit required

1 = Studio 1

2 = Studio 2

4 = Studio 4

W = Women Only Area
(Equipment reserved for
class use only during WOW)

Last update: Sept 9/08 - Fall schedule subject to change.



YWCA Health + Fitness Centre
535 Hornby Street, Vancouver BC V6C 2E8 tel 604 895 5777
ywcahealthandfitness.com

= Headsets required for Cycling related class
(Members ONLY class)



Fall Drop-In Schedule - Studio Class Descriptions

MILD TO MODERATE

Beginner Indoor Cycling - Introduce your body and mind to indoor cycling with this class format that includes extra emphasis on bike set up, warm-up and proper cycling form. Shorter drills and modified intensity options will make this a positive novice ride.

Beginner Pilates Series - Learn the fundamentals of Pilates. This 7 week registered series is a prerequisite to joining Pilates Mat. A \$40 returnable deposit is required.

Beginner Yoga - Can't touch your toes? In Yoga it really doesn't matter, but if you want to improve your flexibility, tone and body awareness try this beginner class which teaches movements at a slower pace and provides added instruction on body positioning.

Yoga Nidra - An ancient tantric meditation developed for modern times by Swami Satyananda. Done lying down, thirty minutes practice of Yoga Nidra is the equivalent to four hours of deep sleep in terms of rejuvenation and regeneration experienced on all levels of our being.

MODERATE TO CHALLENGING

Body Sculpt - Sculpt and tone your entire body. This strength training class uses a variety of equipment, including free weights, resistance tubing, body balls and your own body weight.

Boot Camp - A conditioning circuit class designed for the aspiring athlete in all of us! This class combines sport-specific drills, interval training and strength stations.

Butts & Guts - Trim those trouble zones with this butt-busting ab-toning workout! This effective workout will take you through a series of targeted core and butt exercises paired with cardio intervals that fire up your fat burning engines.

Cardio Fusion - Fuse your cardio workout in this dynamic interval style class. Alternate hi/low impact and step cardio bouts with muscular endurance training using free weights and resistive tubes. An efficient early morning workout to start your day off right!

Cardio Kickbox - Tone your abs, arms and legs in this cardio-based kickboxing workout. This class incorporates shadow kickboxing techniques and cardio drills, while continually conditioning your core.

Cardio Workout - Get your whole body movin' and groovin' in this high energy aerobic workout.

Cycle Circuit - Pump and burn in this class which combines cardio drills on the bike and strength training on the Keiser weight training circuit. (Orientation to Keiser equipment is a prerequisite) Headset required.

***Cycle Core** - Cyclists are traditionally weak in the abdominal and low back areas. A challenging indoor cycling workout, followed by focused core work will balance your training. *Note: pick up your cycling ticket at Member Services 15 min prior for a.m. and 30 min prior for p.m. classes. *Member only class.*

DanceFit - Do you love to dance? This aerobic dance class offers a kickin' whole body workout with fun, easy-to-follow choreographed movement. Hip-hop, Jazz, Broadway, Salsa... we use it all, the music and the moves! All levels welcome.

***Indoor Cycling** - Maximize YOUR potential while replicating cycling in a "pack". Bikes feature individual access to sound system - please bring your own headset. *Note: pick up your cycling ticket at Member Services 15 min prior for a.m. and 30 min prior for p.m. classes. *Member only class.*

Pilates Mat Level I - This class continues beginner exercises with some intermediate options. (Prerequisite: Beginner Series)

Pilates Mat Level II - This class takes it to the next level with continued intermediate exercises and incorporating inversion (roll over) moves (Prerequisite: Pilates Mat Level I)

Meditation - Find calmness and overcome your stress. Increase mental ability, focus and concentration. Learn basic meditation skills to enhance consciousness and inner peace.

Sport Boot Camp - Whether you're a weekend warrior or an avid athlete, this functional and challenging circuit class will add a boost to your workout. Exercises will include a variety of training toys from BOSU balls, resistance bands, gliders to simply your good old body weight. All levels are welcome.

STEP - Strengthen and tone your lower body in this choreographed aerobic conditioning class. Be prepared to sweat-it-out as you STEP to the beat.

STEP Circuit - Maximize your time and burn countless calories in this full body workout that combines aerobic STEP intervals with segments of muscle-conditioning. (This class is less choreographed than STEP)

Sport Yoga - For the sports enthusiast or serious athlete, this Yoga class is specifically designed to stretch and lengthen hard working muscles used primarily in running and cycling.

Balance your training regimen and your body, and reduce your risk of injury with this beneficial relaxing workout!

Vinyasa Yoga - This dynamic Power Yoga style class is based on Sun Salutations, standing poses, core strength, and movement. Good for those who prefer to burn energy to find relaxation.

WOW (Women on Weights) - Finally, a weight-training workout designed for women of all ages and abilities! Use top-of-the-line Hoist Roc-It resistance equipment to strengthen your bones, body and mind in this circuit style class just for women. Women's area reserved for class use only during WOW.

Yin Yoga - Yin Yoga is a deeply relaxing and nourishing practice that can help you rediscover calmness and clarity in your mind, and comfort in your body. This slow style of yoga focuses on lengthening and rehabilitating the connective tissues. Suitable for everyone.

Yoga - This Hatha-based class incorporates Yoga poses which stretch and tone your body. Develop internal awareness, and respect for your strengths and limitations.

YogaFlow - Improve your flexibility and balance with a selection of Yoga poses in a condensed time frame. Work through your limitations and improve your body's range of motion to help decrease injuries and improve performance. (Beginners welcome)

Zumba - Zumba is a fusion of Meringue, Salsa, Samba, Mamba, Cha-cha-cha, Gumbia, Flamenco, Belly dance, and Tango moves. We will teach you step-by-step moves of Zumba. You don't have to know how to dance to do Zumba, just go with the flow and enjoy the fitness-party!