



## COMPLIMENTARY FITNESS CLASSES

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**Class size is limited, please arrive early**

### MONDAY

Kick Start	6:00 am
Power Flow Yoga	7:00 am
Boxing	11:30 am
Pilates Sculpt	12:30 pm
Gym Orientation*	2:00 pm
90 Min. Restorative Yin Yoga	5:30 pm

### TUESDAY

Morning Warrior	6:00 am
Let It Flow Yoga	7:00 am
Senior Stretch & Strength (65+)	11:30 am
30 Min. Crunch Time	12:30 pm
Upper Body Blast	1:00 pm
Gym Orientation*	2:00 pm
Meditation	4:45 pm
Total Body Conditioning	5:30 pm

### WEDNESDAY

HIIT	6:00 am
Hatha Flow	7:00 am
Active Recovery	11:30 am
Pilates Sculpt	12:30 pm
Gym Orientation*	2:00 pm
Boxing	5:00 pm
Self-Defence	6:00 pm

### THURSDAY

Morning Warrior	6:00 am
Advanced Boxing	7:00 am
Functional Athletics	11:45 am
30 Min. Crunch Time	12:30 pm
Lower Body Blast	1:00 pm
Gym Orientation*	2:00 pm
Total Body Conditioning	5:30 pm

### FRIDAY

Cardio Conditioning	6:00 am
HIIT	11:30 am
Pilates Sculpt	12:30 pm
Boxing	5:00 pm

### SATURDAY

Total Body Conditioning	8:30 am
90 Min. Power Restore Yoga	9:30 am

### SUNDAY

90 Min. Flow Fusion Yoga	9:30 am
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*\*registration recommended*

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### MASTER SWIM SESSIONS

Wednesdays & Fridays 7:30 am  
*\$175. per 6 sessions, \$40. drop-in at YWCA*  
*Call front desk to register*