



Gymnasium Schedule Changes

**Please see changes below, in order to accommodate
Hillcrest Elementary School Electives
on Wednesdays, January 31**

WEDNESDAY 5:45 AM – 10 PM									
Pools			Gymnasium	Studios		Conditioning Centre	Program Rooms		
Lane	Leisure			Cycle	Fitness		1	2	3
Lengths 6-8 (3)	OSAC 6-8 (5)	Closed		Open Gym 5:45-8:45	Body Sculpt 6:15-6:45				
Lengths 8-8:50 (5)		Open 7-9:45				Tai Chi is free for Members! Must be a Y Member.			
Lengths 9-10 (2) 10-12(3)	Aqua: Shallow 9-9:45						Cardio: Step 9-9:55	Cycle: Gentle 9:15-10	Stay 'n' Play 8:45-11:30 (0-5yrs) Fee req'd
	School Lessons 9:45-10:45	Aqua: Motion 9:50-10:20		Family Fun 10-11		Tai Chi 3 10-11:30	Gravity: Gentle 10-10:30 10:30-11		
	Aqua: Shallow 11-11:45	Family Fun 11-12		Cardio: Gentle 11:15-12				Sit & Social: Adult 10:15-12	
Lengths 12-1:20 (8)		Therapy/ Adult Swim 12-2:05		Hillcrest Electives 12-2	Ride & Glide 12:10-12:45	Zumba 12:10-12:50	Ride & Glide 12:10-12:45	Hillcrest Electives 12-2	
(3)	Aqua: Shallow 1:30-2	Aqua: Motion 2:05-2:35		Pickleball: Rec 2-4:15 (18yrs+)				Active Start 1-2 (3-5yrs)	
	Adult Lessons S: 2-2:30 D: 2:30-3	Adult Swim 2:35-3							
Closed									
Lengths 4-7 (2) 7-8 (4)	OSAC 4-5:30 (6)		Family Fun 4-5	Tabata Set-Up 4:15-5			Strength Training: Teen 4-5		
			Lessons 5-5:30	Tabata: HIIT 5-5:45	Core 5:45-6:15				
	Swimming Lessons 5:30-7			Family Fun 6-6:45	Cardio: Sculpt 6-6:45			Craft / Lego Kids 5:30-7 (6-12yrs)	
	Aqua: Deep 7:10-7:55	Rec Swim 7-8		Cardio: Step 7-8		Yoga: Active 7-8:30 M \$50 P \$130 *Drop-in Fee: M \$8 P \$16	Small Group Training 7:15-8:15 ★		
Lengths 8:05-8:45 (8)		Aqua: Motion 8-8:30		Pickleball: Rec 8:15-9:45 (13yrs+ or with parent)		Small Group Training is free for Members! Must be a Y Member.	★ A: Creating Balance B: Strength Training: Women C: Strength Training D: Strength Training: Teen (Advanced)		
Closed		Closed		Closed					

***Thank you for your understanding, we look forward
to sharing our space with local students!***

