

**DROP-IN FITNESS**
**Downtown Y**

Included in Y membership

Non-members: Day Pass fee

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15-7:15am		♦ Freewheeling	♦ Freewheeling	♦ Freewheeling	♦ Freewheeling		
6:45-7:40am		Rep Reebok		Rep Reebok			
7:00-7:45am			♦ TRX				
8:00-8:55am						Rep Reebok	
8:15-8:45am	Core Challenge		Core Challenge		Core Challenge		
8:30-9:30am						♦ Freewheeling	♦ Freewheeling
9:00-9:45am						♦ TRX	
9:00-9:55am	Step & Strength	Bootcamp	Rep Reebok Alignment		Rep Reebok		
9:00-10:00am	♦ Freewheeling			♦ Freewheeling			
9:00-10:15am						Super Sweat	
9:30-10:45am							Step & Strength
10:00-10:55am	Gentle Fit		Gentle Fit Total Body Strength		Gentle Fit		
12:00-12:50pm							
12:10-12:45pm	♦ Freewheeling	♦ Freewheeling	♦ Freewheeling	♦ Freewheeling	♦ Freewheeling		
12:10-12:50pm	Strength & Motion	Step it Up!	Bootcamp	TRX	Strength & Motion		
1:00-1:30pm	Stretch It						
1:00-1:35pm	♦ Freewheeling		♦ Freewheeling				
2:00-2:55pm						On the Ball	
4:00-4:45pm							
4:30-5:15pm		♦ TRX		♦ TRX			
5:00-5:40pm					♦ Bosu Box		
5:00-5:55pm	Rep Reebok Hi/Lo Cardio	Power Step & Pump	Step it Up!				
5:30-6:15pm					♦ TRX	♦ Freewheel	♦ Fitness
5:30-6:25pm			Bootcamp			<b>Schedule subject to change.</b>  Three person minimum for drop-in classes.	
5:30-6:30pm	♦ Freewheeling	♦ Freewheeling	♦ Freewheeling		♦ Freewheeling		
5:30-6:45pm				♦ Freewheeling			
6:00-6:55pm		On the Ball	Rep Reebok	On the Ball			
6:45-7:30pm	♦ TRX		♦ TRX				

♦ Space is limited – please pick up a ticket from the Membership Services Desk.

No classes on statutory holidays

Must be minimum 13 years to attend

[www.victoriay.com](http://www.victoriay.com)

Charitable Registration No. 10822-5566-RR0001

Downtown Y

851 Broughton Street, Victoria BC V8W 1E5

Phone: 250.386.7511 Fax: 250.380.1933

**DROP-IN DANCE, PILATES & YOGA**
**Downtown Y**

Included in Y membership

Non-members: Day Pass fee

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00-7:55 am				Drop-in Yoga			
9:00-10:15am		Drop-in Yoga					
10:00-10:55am	Drop-in Yoga			Bellyfit			
10:30-11:55am				Gentle Yoga		Drop-in Yoga	
11:00-11:55am		Bellyfit		Drop-in Pilates	Drop-in Pilates		
11:00am-12:25pm							Drop-in Yoga
12:00-12:55pm	Drop-in Yoga NIA		Zumba	Drop-in Yoga	NIA		
4:30-5:25pm			Drop-in Yoga				
5:00-5:55pm				Drop-in Iyengar Zumba			
5:00-6:25pm		Drop-in Yoga					
5:30-6:25pm		African Contemporary					
6:00-6:55pm	Cardio Move				Drop-in Yoga		
6:30-7:25pm		Drop-in Pilates					
7:00-7:55pm		Hip Hop Belly Dance	Drop-in Yoga	Belly Dance			
7:30-8:25pm	Drop-in Yoga						

Yoga/Pilates  
 Dance

Schedule subject to change.  
 Three person minimum for drop-in classes.

**DROP-IN AQUAFIT**
**Downtown Y**

Included in Y membership

Non-members: Day Pass fee

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00-11:00am	Shallow Water Aquafit	Shallow Water Aquafit	Shallow Water Aquafit	Shallow Water Aquafit	Shallow Water Aquafit		Deep Water Aquafit
11:15am-12:00pm	♦ Gentle Fit		♦ Gentle Fit		♦ Gentle Fit		
1:30-2:30pm	Leisure Aquafit				Leisure Aquafit		
5:15-6:00pm		♦ Gentle Fit		Aqua Fusion			
6:30-7:30 pm							
7:30-8:30pm	Deep Water Aquafit		Deep Aqua Jog				

Schedule subject to change.  
 Three person minimum for drop-in classes.

No classes on statutory holidays

Must be minimum 13 years to attend