

John Tod Centre Y Fitness Schedule

Effective: July 2nd– Aug 29th

WELLNESS STUDIO

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-9:50	9-10am Yoga for EveryBODY Marie	Yoga Fusion Joy No class July 23rd Last class Aug 20th	Forever Fit Joy Last class Aug 21st	Forever Strong Joy Last class Aug 22nd	
10:15-11:15	Forever Fit Ashley No Class July 22nd	Stretch for Health Bodil		Stretch for Health Terry	
11:30-12:30			11-12pm Balance and Stretch Leah Class Starts July 24th NO class Aug 7th		
1:30-3:30					

ACTIVITY ROOM

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:00					

GYMNASIUM

	Monday	Tuesday	Wednesday	Thursday	Friday
PM					

To register call Member Services 250-372-7725

Classes for only \$2.25 per class for YMCA BC Members and \$6.50 per class for non-members*.

*Must register for entire class set.

ALL CLASSES REQUIRE PRE-REGISTRATION NO DROP INS

John Tod Centre Fitness is open during class time only

Downtown Facility Hours
Mon-Fri 5:30am-9:00pm
Sat/Sun and Stat Holidays 7am-7pm

2024 Summer Fitness Schedule

Like us on Facebook for updates!



Building healthy communities



Yoga for EveryBODY

Offers the fundamentals of yoga postures, breath and stillness of mind, for all ages, stages and abilities. Every-BODY can do yoga!

Dancefit Gold/Zumba Gold

Come dance your hearts out with low impact, joint friendly moves! Fun music, welcome to all levels.

Stretch for Health

Gentle full body stretching to improve flexibility, balance, coordination & body awareness. Combines both standing and mat based movement.

Better Hips and Knees

A exercise class for people wanting to improve their strength and function either before or after joint replacement surgery. Recommended individuals be at least 6 weeks post-op

Forever Fit

A chair based workout designed for active agers or those with limited mobility. A variety of exercises focusing on strength, balance and flexibility. Great for those looking to add or maintain functional fitness in their routine.

Nia

A sensory-based movement practice that draws from martial arts, dance arts and healing arts. It empowers people of all shapes and sizes by connecting the body, mind, emotions and spirit.

Forever Strong

Build strength and improve balance through low impact functional movement. All fitness levels welcome.

Pickle Ball

Drop-in group free play. First to 11points or 15 min rotation. No coach provided, equipment available if needed. Rules of play will be available if you are new to the sport.

Yoga Fusion

Simple Yoga flow infused with strength, balance and low-impact cardio. Use of light dumbbells, resistance bands and stability ball.

Balance and Stretch

Work on your balance and get a full body stretch all at the same time. Low intensity all levels welcome.

Specialty Programs

Power over Parkinson's

A specific group exercise program to maintain or improve flexibility, strength, balance, mobility and encourage independence and safety in individuals with Parkinson's Disease. For intake contact Lindsay at 250-319-8471, once screened by IHA you may register.

Minds in Motion

Minds in Motion® is a fitness and social program for people living with any form of early-stage dementia along with a family member, friend or other care partner. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Care partners must attend. Registration fees include the cost of the person living with dementia and one care partner. Start at any time and pay a prorated registration fee.

To register or learn more about these in-person Minds in Motion® programs, please contact Tara Hildebrand at THildebrand@alzheimerbc.org

