



Bringing people together

Chilliwack Family YMCA  
Hocking Centre

## Gymnasium Schedule

January 2 - February 26, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Boot Camp <sup>4</sup> (registered) 6:00-7:00 am	FUSION 6:00-6:45 am	Boot Camp <sup>4</sup> (registered) 6:00-7:00 am	Open Gym 5:45-7:30 am	Boot Camp <sup>4</sup> (registered) 6:00-7:00 am	Open Gym 7:30-9:00 am	Open Gym 10:00 -12:30 pm
Cardiac Care <sup>1</sup> <i>Consultation Required</i> 7:30-9:00 am	Open Gym 6:45-9:05 am	Cardiac Care <sup>1</sup> <i>Consultation Required</i> 7:30-9:00 am	Better Bones & Balance <sup>2</sup> <i>Consultation Required</i> 8:00-9:00 am	Cardiac Care <sup>1</sup> <i>Consultation Required</i> 7:30-9:00 am		
Fit & Beyond <sup>4</sup> 9:15-10:15 am	Total Body Conditioning <sup>3</sup> 9:15-10:15 am	Fit & Beyond <sup>4</sup> 9:15-10:15 am	Lil' Sneakers (registered) 9:40-10:25 am	Total Fit <sup>4</sup> 9:15-10:15 am	Zumba@! <sup>3</sup> (registered) 9:00-10:00 am	
Lifestyle Fitness <sup>2</sup> 10:30-11:15 am	Tumble Time Parent and Tot Drop in 10:30-11:30 am	Lifestyle Fitness <sup>2</sup> 10:30-11:15 am	Tumble Time Parent and Tot Drop in 10:30-11:30 am	Lifestyle Fitness <sup>2</sup> 10:30-11:15 am	YMCA Gymnastics (registered) 10:00-1:00 pm	
Stretch Class <sup>2</sup> 11:20-12:00 pm	Lunch Bunch Sports 12:00-1:15 pm	Stretch Class <sup>2</sup> 11:20-12:00 pm	Lunch Bunch Sports 12:00-1:15 pm	Stretch Class <sup>2</sup> 11:20 -12:00 pm		
Open Gym 12:00-1:15 pm		Program/Open Gym 12:05-1:15 pm		Lunch Bunch Sports 12:00-1:15 pm	Lunch Bunch Sports 12:00-1:15 pm	
Teen Sports 1:15-1:45 pm	Teen Sports 1:15-1:45 pm	Teen Sports 1:15-1:45 pm	Teen Sports 1:15-1:45 pm	Home Learners P.E. 1:30-2:30 pm	Birthday Parties <i>Registered</i> 1:00-2:00 pm	Birthday Parties <i>Registered</i> 12:30-2:30 pm
Open Gym 1:45-3:45 pm	Open Gym 1:45-2:45 pm	Open Gym 1:45-4:30 pm	Open Gym 1:45-3:15 pm	YMCA Gymnastics (registered) 2:30-6:00 pm		
Youth Project Floor Hockey (referral) 3:45-5:15 pm	YMCA Gymnastics (registered) 2:45-5:45 pm		Youth Programs 3:15-4:15 pm		Youth Programs 4:15-5:15 pm	
Smart Sculpt <sup>3</sup> 5:45 – 6:45 pm	Open Gym 5:45-6:45 pm	Total Body Conditioning <sup>3</sup> 5:45 – 6:45 pm	After Work Aerobics <sup>2/3</sup> 5:45-6:35 pm		Saturday Sizzler 2:00-4:00 pm 6-12 yrs	Open Gym 4:00-6:00 pm
Fusion <sup>3</sup> 7:00-8:00 pm	Tri-Fit <sup>4</sup> ( <i>Bike Rm &amp; Gym</i> ) 6:30-8:00 pm	Zumba@! <sup>3</sup> (registered) 7:00-8:00 pm	METs <sup>4</sup> 6:45-8:00 pm	Freak-out-Friday 6:00-8:00 pm 6-12 years		
Drop in Floor Hockey 8:05-10:00 pm	Drop in Basket ball 8:05-10:00 pm	Drop in Soccer 8:05-10:00 pm	Open Gym 8:05-10:00 pm			

### SPECIAL EVENTS

Family & Friends 90-Day Health &  
Fitness Challenge

Jan 15- April 15

Ask about the great prizes

### Child Minding Hours

6 weeks – 12 years

Mornings: Monday-Saturday 8:45am-12:00pm  
Evenings: Monday-Thursday 5:00-8:30 pm

\*Check with us on Pro-D Days for 'Youth Zone'! Child Minding for 6-12yrs in a separate location with 'funner' activities!



# Chilliwack Family YMCA Hocking Centre

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## Multipurpose Room Schedule January 2- February 26, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Fit Plus <sup>4</sup> 6:30-7:30 am		Cycle Fit <sup>4</sup> 6:30-7:15 am		Cycle Fit Plus <sup>4</sup> 6:30-7:30 am		
Beginners CycleFit <sup>2/3</sup> 9:15 – 10:00 am  <i>*arrive at 9am to learn how to set up your bike</i>	ZumbaTonic (registered) 9:30 – 10:00 am  Zumba Gold@ <sup>3</sup> (registered) 10:05-11:05 am	Reading Rascals 9:00-10:00am  Senior Learning & Brain Fitness (registered) 10:15 – 11:15am	Cycle Fit <sup>3</sup> 9:15-10:00 am  Abs 101 10:05-10:30 am	Gentle Yoga <sup>2</sup> (registered) 9:15 – 10:15 am <i>Formerly Seniors Yoga</i>  Get up & Go <sup>1</sup> <i>Referral Required</i> 1:00-2:00 pm	Cycle Fit Plus <sup>4</sup> 9:00-10:00 am  Lego Builders 9:45-10:45 am (Endowment Trailer)	
Lil' Dancers (registered) 3:15-5:30 pm (Endowment Trailer)	Osteofit <sup>2</sup> <i>Consultation Required</i> 11:15-12:15 pm  Get up & Go <sup>1</sup> <i>Referral Required</i> 1:00-2:00 pm	Yoga for Life <sup>2/3</sup> (registered) 12:05-1:05 pm	Osteofit <sup>2</sup> <i>Consultation Required</i> 11:15-12:15 pm  Yoga for Youngsters (3-5yrs) (registered) 3:00-3:45 pm		FireFit Cycle Fit (Private)	FireFit Cycle Fit (Private)
Jr. Warriors (registered) 4:30-5:30 pm		Senior Learning & Brain Fitness (registered) 1:15-2:15pm	Yoga for Youngsters (6-11yrs) (registered) 4:00-4:45 pm	BirthDay Parties (registered) 4:30-5:30 pm	BirthDay Parties (registered) 11:30-3:30 pm	BirthDay Parties (registered) 11:30-3:30 pm
Zumba Gold@ <sup>3</sup> (registered) 5:45-6:45pm			Intro to Meditation (registered) 5:45 – 6:45 pm		<b>Levels</b> 1 = mild 2 = moderate (low impact) 3 = moderate/ intense (low/high impact) 4 = Intense	
Cycle Fit Plus <sup>4</sup> 7:00-8:15 pm	Tri-Fit <sup>4</sup> <i>(Bike Rm &amp; Gym)</i> 6:30-8:00 pm	Cycle Fit Plus <sup>4</sup> 7:00-8:15 pm	Vinyasa (Flow) Yoga <sup>3</sup> (registered) 7:00-8:00 pm			

## YMCA Community Program Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Brisk Fit (Arts Centre on Henderson Ave) 9:00-10:00am  Mom, Dad, & me (St Thomas) 12:30-2:00 (Tyson Elem) 12:00-1:30		Brisk Fit (Arts Centre on Henderson Ave) 9:00-10:00am  Mom, Dad, & me (St Thomas) 12:30-2:00 (Tyson Elem) 12:00-1:30			
Youth Project noon hour activities at Robertson Elementary, Central Elementary, A.D.Rundle Middle School and Chilliwack Middle School and G.W. Graham						
Guys Night Out Youth Project YMCA	GNO Youth Project Chilliwack Middle	Girls Night Out Youth Project YMCA	GNO Youth Project GW Graham		Now accepting registration For the YMCA Preschool 2011/2012 school session  For more information and to register contact Elaine Jackson 604-819-3338	
	Zumba** 7:00-8:00pm		FUSION** 7:30-8:30pm		**Delivered in Partnership with PHECSA @ Promontory Heights Elementary School; for more info and to register, please call 604-858-2999	