



Group Fitness Schedule

The YMCA Group Fitness classes are an excellent way to get in shape. Instructed by certified fitness volunteers, we offer variety for any age or fitness level. With so many choices there is something for everyone! All classes are on a drop in basis and space is limited. Please arrive early to avoid disappointment!

Strength/TRX Suspension Training (class capacity 11) This class uses TRX suspension trainers to leverage gravity and your body weight to perform hundreds of exercises. You're in control of how much you want to challenge yourself on each exercise - because you can simply adjust your body position to add or decrease resistance. Great full body conditioning workout.

Synergy Blast (class capacity 10) Use the synergy 360 for a circuit class that will challenge both cardiovascular and muscular systems. A variety of different exercises will be introduced.

ZUMBA Fuses fitness, entertainment, & culture into an exhilarating dance fitness class that blends upbeat music with easy to follow choreography for a total body workout.

Bootcamp This class puts your body to the test with fun and challenging cardio, weights, core strength, intervals and drills.

Aquafit This class accommodates all levels of fitness. Benefits include increased circulation, weight loss and elimination of joint stress.

Deep Water Training Deep Water Training is a running class like no other. NO STRESS on the joints, NO IMPACT, improve running speed and strength by performing running drills, sprints, etc in the water.

Live Y'ers (65+) This is a carefully constructed aqua fitness class which is modified for the specific needs and characteristics of our older adult participants.

Gentlefit (65+) This is a carefully constructed fitness class which is modified for the specific needs and characteristics of our older adult participants and those recovering from injury.

Strength Training This class is designed to help build muscular strength and endurance using different weights, body balls, body bars and BOSU's.

YOGA A true experience for the body and mind, while improving your strength and flexibility. All fitness levels welcome. ***Yoga mat required.**

Cardio/Strength Guaranteed to get your motor running this class combines cardio sets (skipping, tabata, kick box, and other styles of drills) with full body toning using a variety of different fitness equipment and/or body weight.

STEP Interval Bring back the steps!! For those that love choreography, this class combines great choreographed step work with intervals of power, strength, and conditioning for a well balanced, challenging workout.

Treadmill Drills (Class capacity 10) This treadmill class combines hills, speed, endurance and muscle work to create an intense interval class you will love!

Cyclefit (Class capacity 15) Instructor-led class that simulates a bike ride as you travel on flat roads, climb hills, sprint and race.

Stretch & Release In this class a variety of techniques and equipment will be used to improve muscular flexibility, mobility, and range of motion. ***Yoga mat required.**

PiYo LIVE PiYo® LIVE combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You'll use your body weight to perform a series of continuous, targeted moves to define every single muscle—big and small. You'll sweat, stretch, and strengthen—all in one empowering PiYo LIVE workout! ***Yoga mat required.**

Buns and Bellies Target those trouble spots in this effective class! The ultimate midsection and bun toner, the focus is on abdominals and glutes - its a workout that tightens, tones and leaves you feeling good about yourself and your body.

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Building healthy communities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am-6:45 am Deep Water Training	5:45 am-6:30 am Cardio/Strength	6:00 am-6:45 am Cyclefit	6:00 am-6:45 am Cardio/Strength	6:00 am-6:45 am Strength Training		
9:00 am-10:00 am Aquafit	9:00 am-10:00 am Deep Water Training	9:00 am-10:00 am Aquafit	9:00 am-10:00 am Deep Water Training	9:00 am-10:00 am Aquafit	9:00 am-10:00 am Cyclefit	9:45 am-10:45 am YOGA
9:15 am-10:15 am Strength Training	9:00 am-10:00 am Bootcamp	9:15 am-10:15 am Step Interval	9:00 am-10:00 am Cardio/Strength	9:15 am-10:15 am Strength Training	10:00 am-11:00 am Holistic Yoga	10:00 am-11:00 am Synergy Blast
10:20 am-11:20 am Cyclefit	10:15 am-11:15 am YOGA	10:30 am-11:30 am YIN YOGA	10:15 am-11:15 am YOGA		11:15 am-12:30 pm Bootcamp	11:00 am-12:00 pm Zumba
12:05 pm-12:50 pm PiYo LIVE	12:05 pm-12:50 pm Treadmill Drills	12:05 pm-1:00 pm TRX Suspension Training	12:05 pm-12:50 pm Strength Training	12:05 pm-12:50 pm Stretch & Release		
2:30 pm-3:30 pm Live Y'ers	2:30 pm-3:30 pm Gentlefit	2:30 pm-3:30 pm Live Y'ers	2:30 pm-3:30 pm Gentlefit	2:30 pm-3:30 pm Live Y'ers		6:30 pm-7:30 pm YIN YOGA
4:30 pm-5:20 pm Strength Training	4:30 pm-5:20 pm Bootcamp	4:30 pm-5:20 pm Strength Training	4:30 pm-5:20 pm Buns and Bellies			
5:30 pm-6:30 pm Bootcamp *Gym* Yoga—Studio	5:30 pm-6:30 pm Cardio/Strength	5:30 pm-6:30 pm ZUMBA	5:30 pm-6:30 pm STEP Interval	5:30 pm—6:30 pm ZUMBA		
5:45 pm-6:45 pm Cyclefit						
	6:45 pm-7:45 pm Strength Training	6:30 pm-7:30 pm Cyclefit				
6:45 pm-7:45 pm ZUMBA			6:45 pm-7:45 pm Strength Training			
7:00 pm-8:00 pm Aquafit			7:30 pm-8:30 pm Aquafit			



YMCA of Brandon

**Schedule in effect
Sept 4-Dec 21, 2018**

***Subject to change without notice**

Please note there will be no classes:

- Monday Oct 8th , 2018

www.ymcabrandon.ca

Participants are responsible for bringing their own yoga mat when required. PiYo Live/YOGA

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