



Group Fitness Schedule

FITNESS CLASS DESCRIPTIONS

YMCA Group Fitness classes are an excellent way to get in shape. Instructed by certified fitness staff & 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!

Aquafit: (Beginner to advanced) A low impact workout combining cardiovascular and resistance training in shallow water. Class combines the use of various equipment, drills and circuits designed to increase the heart rate - it's great for all over body conditioning!

Body Blast: Incorporating high and low intensity exercises, this efficient interval and drills workout utilizes segments of cardio, muscle conditioning, core and flexibility exercises to work out your entire body.

Cardio Express: 30 minutes of high intensity interval training (HIIT) designed with short rounds of cardio or bodyweight exercises followed by periods of strategic recovery. Minimal time/maximum results, rev up your metabolism and torch calories!

Cardio/Strength: Creative, energetic class combines strength training, resistance and cardiovascular exercises all in one session. A new and motivating workout each time. Whether you're already a Boot Camp devotee or completely new to group fitness, get ready to challenge yourself with the use of various equipment including dumbbells, body bars, medicine balls, resistance bands, Bosu's and much more!

Cyclefit: (class capacity 15) Get your legs pumping with a high-powered indoor bike class set to energetic music. Working those major muscles in your legs also strengthens your most important muscle: your heart. We'll take you through an aerobic and anaerobic workout, simulating hills and valleys or timed athletic drills in this indoor cycling class. You control the intensity of the workout by adjusting your own bike, making this a suitable workout for the beginner to advanced exerciser.

Barbell Fit: (class capacity 19) A full body workout incorporating a barbell, plate exercises and body weight exercises. This workout challenges all major muscle groups by using exercises like squats, presses, lifts and curls, combining continuous cardiovascular work with barbell resistance training. If you are looking for a challenging but fun workout this is the class for you!

Bootcamp: Challenge yourself with cardio, weights, core strength, intervals and drills. All fitness levels welcome!

Buns & Bellies: A class devoted entirely to the two areas of the body we work so hard to tighten – Glutes and Abs!! Tone these areas with some of the most effective firming, sculpting and lifting exercises you can do – Your **buns** and **bellies** will thank you!

Deep Water Training: A running class like no other - held in the deep end with the use of a buoyancy belt. No impact or stress on the joints - improve running speed and strength by performing running drills, sprints, etc. in the water! Water exercise reduces impact on the joints by supporting up to 85% of body weight, making it a perfect environment for those with injuries or limitations.

Gentlefit: 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.

HIIT: High Intensity Interval Training is a great way to bump up your cardio and strength workouts to add intensity and variety to your workout! Alternate short, high intensity intervals with longer, slower intervals or active rest periods to recover.

Holistic yoga: A lifestyle approach focusing on the participants entire routine which combines the ideal of holism and the practice of yoga. Leave feeling recharged and refreshed! *Yoga mat required.

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

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

Step Interval: Combining great choreographed step work with intervals of power, strength and conditioning for a well balanced, challenging and fun workout.

Strength Training: Increase your strength and endurance using a wide variety of equipment and techniques, we will work to gain lean muscle mass and tone those trouble areas while decreasing body fat and developing coordination and balance.

Stretch & Release: A variety of techniques and equipment including foam rollers and body balls focusing on myofascial release are incorporated to improve muscular flexibility, mobility, range of motion and recovery. *Yoga mat required.

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 for a full body workout.

Treadmill Drills: (class capacity 10) Combine hills, speed, endurance and muscle work to create an interval class on the treadmills that you will love!

TRX Suspension Training: (class capacity 11) Use TRX suspension trainers to leverage gravity and your body weight to perform various 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 workout, the TRX uses bodyweight exercises that develop strength, balance, flexibility and core stability simultaneously.

YIN YOGA: A perfect complement to the dynamic and muscular (yang) styles of yoga that emphasize internal heat, and the lengthening and contracting of our muscles. Yin Yoga generally targets the connective tissues of the hips, pelvis, and lower spine. *Yoga mat required.

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

ZUMBA: Ditch the workout - Join the party! A dynamic, fun, and challenging fitness program using Latin dance flavour. Come and experience the exhilaration of moving your body to the rhythm of the music. This class features easy-to-follow moves in interval training sessions with fast and slow rhythms, stretching, and most importantly, FUN!

Fitness
Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 – 6:45 am Deep Water Training	5:45 – 6:30 am Cardio/Strength	6:00 – 6:45 am Cyclefit	6:00 – 6:45 am Cardio/Strength	6:00 – 6:45 am Strength Training		
9:00 – 10:00 am Aquafit	9:00 – 10:00 am Deep Water Training	9:00 – 10:00 am Aquafit	9:00 – 10:00 am Deep Water Training	9:00 – 10:00 am Aquafit		
9:15 – 10:15 am Strength Training	9:00 – 10:00 am Cardio/Strength	9:15 – 10:15 am Step Interval	9:00 – 10:00 am Cardio/Strength	9:15 – 10:15 am Strength Training	9:00 – 10:00 am Cyclefit	9:45 – 10:45 am Yoga
10:20 – 11:20 am Cyclefit	10:15 – 11:15 am Yoga	10:30 – 11:30 am Yoga	10:15 – 11:15 am Yoga		10:00 – 11:00 am Cardio/Strength	10:00 – 11:00 am Synergy Blast
12:05 – 12:50 pm PiYO Live	12:05-12:50 pm Treadmill Drills	12:05 - 1:00 pm TRX Suspension Training	12:05-12:50 pm Strength Training	12:05-12:50 pm Stretch & Release *STUDIO*	11:15 – 12:15 pm Holistic Yoga	11:00 am – 12:00 pm Zumba
2:30 – 3:30 pm Live Y'ers	2:30 – 3:30 pm Gentlefit	2:30 – 3:30 pm Live Y'ers	2:30 – 3:30 pm Gentlefit	2:30 – 3:30 pm Live Y'ers		
4:45 – 5:15 pm Cardio Express	4:40 – 5:20 pm HIIT	4:30 - 5:20 pm Strength Training	4:30 – 5:20 pm Buns & Bellies			
5:30 - 6:15 pm Yoga *STUDIO*	5:30-6:30 pm Cardio/Strength	5:30 - 6:30 pm Zumba	5:30 - 6:30 pm Step Interval	5:30 – 6:30 pm Zumba		
5:30 - 6:30 pm Body Blast *GYM*						
5:45 – 6:45 pm Cyclefit		5:45 – 6:45 pm Cyclefit				6:30 – 7:30 pm Yin Yoga
6:45 - 7:45 pm Zumba	6:45 – 7:45 pm Strength Training/TRX		6:45 -7:45 pm Yoga			
7:00 – 8:00 pm Aquafit		7:00 – 8:00 pm Aquafit				
8:00 – 8:45 pm Stretch & Release			8:00 – 9:00 pm Barbell Fit			

Schedule in effect April 8 – June 16, 2019
 *Subject to change without notice
 Please note there will be no classes:

- Friday April 19
- Monday May 20



Participants are responsible for bringing their own yoga mat (PiYO/Yoga/Stretch, etc.)