



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 to be reserved prior to the class by booking online at ymcabrandon.ca.

Aquafit: (Beginner to advanced) A low impact workout combining cardiovascular and resistance training in shallow water. This class combines the use of various equipment, drills and circuits designed to increase the heart rate. Great for all over body conditioning! ***Pool***

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! ***Pool***

Live Y'ers: This is a carefully constructed aqua fitness class which is modified for the specific needs and characteristics of our older adult participants. ***Pool***

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 will sweat, stretch, and strengthen—all in one empowering PiYo LIVE workout!

Please bring a Yoga mat. ***Studio***

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

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! ***Please bring a Yoga mat. *Studio***

Gentle Flow Yoga: Is a slow-paced practice that features calming poses and strengthening movements. Awareness of our breath in these poses will help to calm the mind and enables you to move deeper into the stretches. Accessible to all levels from beginners to advance. Please bring a Yoga mat. ***Studio***

Yin Yoga: Is a slower paced, more meditative version of the popular physical and spiritual discipline of Yoga. In Yin Yoga, the poses are held for a long period of time (typically three to five minutes or longer) to target the connective tissues (such as the ligaments) rather than focusing on the muscles. Please bring a Yoga mat. ***Studio***

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. ***Studio***

Kickstart: Kick-start your day in a cardio and strength kind of way!! Each week you will be challenged in many ways including strength training, circuit training and step aerobics to name a few. ***Gym***

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

Cardio/Strength: Creative, energetic class combining strength training, resistance, and cardiovascular exercises all in one session. A new and motivating workout each time! ***Gym***

Step Interval: This class has all the benefits of a high intensity cardio workout without putting stress on the joints. It improves overall fitness by building strength, reducing body fat, and boosting your cardiovascular health. ***Studio***

Strength Training: Increase your strength and endurance by using a wide variety of equipment and techniques, we will work to gain lean muscle mass while decreasing body. ***Gym/Studio***

ZUMBA: Ditch the workout - join the party! A dynamic, fun, and challenging fitness program using Latin dance flavor. 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.

Gym

TRX/Strength Training: This class uses TRX suspension trainers to leverage gravity and your body weight to perform hundreds of exercises. You are 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. A great full body conditioning workout.

Studio

TRX Conditioning: This high intensity, heart pumping workout will challenge beginners to advanced. It will incorporate high volume TRX and body weight exercises with enough rest in between sets to catch your breath and get back to the workout! *** Studio***

TRX Core: Training the core with a TRX is no joke! In this workout, we will be targeting the core, hips, and glutes for set durations. ***Studio***

Cycle Fit: Instructor-led class that simulates a bike ride as you travel on flat roads, climb hills, sprint, and race.

Multipurpose Room

Fitness
Classes

Schedule in Effect September 8th - December 13th, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:45-6:30 am Cardio/Strength *Gym*		6:00-6:45 am Kickstart *Gym*		
9:00-10:00 am Strength Training *Gym*	9:00-10:00 am Cardio/Strength *Gym*	9:00-10:00 am Step Interval *Gym*	9:00 – 10:00 am Cyclefit *Multi-Purpose*	9:00-10:00 am Strength Training *Gym*	8:30 – 9:30 am Bootcamp *Gym*
9:15-10:15 am Aqua-fit	9:15-10:15 am Deep Water Training	9:15-10:15 am Aqua-fit	9:15-10:15 am Deep Water Training	9:15-10:15 am Aqua-fit	
	10:15-11:15 am Yoga *Studio*	10:15– 11:15 am TRX/Strength Training *Studio*	10:15-11:15 am Yoga *Studio*		11:15 am – 12:15 pm Holistic Yoga *Studio*
12:05-12:50 pm PiYO Live *Studio*	12:05-12:50 pm Step Interval *Studio*	12:05-12:50 pm TRX Conditioning *Studio*	12:05-12:50 pm Cardio/Strength *Studio*	12:05-12:50 pm TRX Core *Studio*	
1:30-2:30pm Live Y'ers	2:30-3:30 pm Gentlefit *Studio*	1:30-2:30 pm Live Y'ers	2:30-3:30 pm Gentlefit *Studio*		
			4:45-5:30 pm Strength Training *Studio*		
5:15-6:15 pm Zumba *Gym*	5:15 – 6:15 pm Cardio/Strength *Gym*	5:15-6:15 pm Zumba *Gym*	5:45-6:45 pm Step Interval *Studio*	5:30-6:30 pm ZUMBA *Gym*	
6:45-7:45 Yoga *Studio*	6:45 -7:45 pm Yoga *Studio*		7:00 – 8:00 pm YIN Yoga *Studio*		
		8:00 – 8:45 pm Gentle Flow Yoga *Studio*			
8:15-9:15 pm Aqua-fit		8:15-9:15 pm Aqua-fit			

All classes require booking ahead

BOOKING A FITNESS CLASS

- Visit ymcabrandon.ca (Can also be done at Member Services)
- Click *Register Online* on the home page
- Sign into your account
- Scroll over programs/activities and then click on *Fitness Classes*
- Choose your fitness class
- Add to cart
- Go to *My Cart* in the top right corner of the page
- Click *Checkout* to complete your registration
- A confirmation email will be sent as reminder of class date and time



Please note there will be NO CLASSES Monday, October 12th or Wednesday, November 11th

Please check location for Land classes

*Subject to change without notice