



# Live Streaming Fitness Classes

## FITNESS CLASS DESCRIPTIONS

YMCA Live Streaming Fitness classes are an excellent way to get in shape and stay connected to your YMCA. We offer a variety of fitness classes for all ages and fitness levels, all classes are instructed by certified fitness staff & volunteers to ensure you get the best workout possible.

All live streaming fitness classes, are to be booked prior to the class by booking online at [ymcabrandon.ca](http://ymcabrandon.ca).

**Cardio/Strength:** A fitness class that you can do from home with minimal equipment combining cardio exercises with strength exercises that will get your heart rate going and help build lean muscle mass. A mat and a set of dumbbells or resistance bands is suggested.

**Strength Training:** In this class we will work to gain lean muscle mass and tone those trouble areas while decreasing body fat and developing coordination and balance. A mat and a set of dumbbells or resistance bands is suggested.

**Bodyweight Blast:** No weights, no problem! This workout will be a full body workout using only bodyweight.

**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. A mat and a set of dumbbells or resistance bands is suggested.

**Bootcamp:** A class that you can do from home that combines 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! A mat and a set of dumbbells or resistance band is suggested.

**HIIT:** A high energy class that you can do from home that incorporates cardiorespiratory training which calls for repeated bouts of short duration, high intensity exercise intervals. With intermingled periods of lower intensity intervals of active recovery. A mat and a set of dumbbells or resistance bands is suggested.

**Gentle-Fit:** This is a carefully constructed fitness class which is modified for the specific needs and characteristics of our older adult participants.

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

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

**Stretch and Release:** For this class, we will be using foam rollers for self-myofascial release. It can help relieve muscle tightness, soreness, and inflammation, and increase your joint range of motion. A foam roller is needed for this class.

Fitness  
Classes