



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 both in-person and Live Streaming classes for all fitness levels.

All Fitness Classes must be booked prior to the class; please book online at www.ymcabrandon.ca.

Please note: Masks must be worn at all times during in-person fitness classes except for drinking water.

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***

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

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 longer 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. ****Multipurpose Room***

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. ***Multipurpose Room***

Gentle-Fit: 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. ***Multipurpose Room/Live Streaming***

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

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

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 fat. ***Gym/Live Streaming***

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/Live Streaming***

Upper Body Strong: Looking to strengthen and tighten up your upper body? This is the class for you! This quick and effective half hour workout will work your muscles and leave you with great results! ***Gym***

Core Blitz: Core training is always left last in the workout and never really focused on. In Core Blitz, we change that for you and make it our Focus! This half an hour core workout is worth every crunch and drop of sweat. ***Gym***

Lower Body Strong: Looking to strengthen and tighten up your lower body? This is the class for you! This quick and effective half hour workout will work your muscles and leave you with great results! ***Gym***

Fitness
Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-8:45 am Aqua-fit	8:00-8:45 am Deep Water Training	8:00-8:45 am Aqua-fit	8:00-8:45 am Deep Water Training	8:00-8:45 am Aqua-fit	
9:00-10:00 am Strength Training *Gym*	9:00-10:00 am Cardio/Strength *Live Streaming*	9:00-10:00 am Bootcamp *Live Streaming *	9:00-10:00 am Bootcamp *Gym*	9:00-10:00 am Cardio/Strength *Live Streaming*	9:00-10:00 am Bootcamp *Live Streaming*
9:15-10:00 am Aqua-fit	9:15-10:00 am Deep Water Training	9:15-10:00 am Aqua-fit	9:15-10:00 am Deep Water Training	9:15-10:00 am Aqua-fit	
		10:15-11:15 am Strength Training *Gym*			
12:05-12:50 pm Strength Training *Live Streaming*			12:05-12:50 pm Cardio/Strength *Gym*	12:05-12:50 pm Stretch and Release *Gym*	
1:30-2:30 pm Live Y'ers		1:30-2:30 pm Live Y'ers			
	2:30-3:30 pm Gentle-Fit *Live Streaming*		2:30-3:30 pm Gentle-Fit *Gym*		
5:15-6:15 pm Zumba *Gym*		5:15-5:45 pm Lower Body Strong *Gym*		5:30-6:30 pm Zumba *Gym*	
6:30-7:00 pm Upper Body Strong *Gym*		5:55-6:25 pm Core Blitz *Gym*			
7:10-7:40 pm Core Blitz *Gym*		6:40-7:40 pm Zumba *Gym*	7:00-8:00 pm YIN Yoga *Gym*		
8:15-9:15 pm Aqua-fit		8:15-9:15 pm Aqua-fit			

**Schedule in Effect
May 3rd—30th,
2021**

No Classes
Monday, May 24th

*Subject to change
without notice