



Group Fitness Schedule

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!

AquaFit: A low impact workout in the pool, combining cardiovascular and resistance training. ***Pool***

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

Buns & Bellies: Tone these areas with some of the most effective firming, sculpting, and lifting exercises you can do. ***Studio***

Cardio Kickbox: Building stamina, improving coordination, and having fun with dynamic combos and upbeat music to get your cardio fix! ***Studio***

Cyclefit: Get ready for a ride of your lifetime! This instructor-led class simulates a bike ride as you travel on flat roads, climb hills, sprint, and race. Limited capacity. ***Studio/Multipurpose RM***

Deep Water Training: Held in the deep end with the use of a buoyancy belt. No impact or stress on the joints – improve overall strength and cardiovascular endurance. ***Pool***

Fit Camp: A mixture of strength exercises and cardiovascular training. Fit camp will build your strength, endurance, and confidence! ***Studio***

Gentle Cycle Indoor cycling offers many benefits for older adults, whether you are already active or ready to try a new form of exercise. This class is for you! Limited capacity ***Studio***

GentleFit: This class is modified for the specific needs and characteristics of our older adult participants and those recovering from injury. ***Studio***

HIIT/Yoga: Half of the class with High intensity interval training, while the other half will focus on yoga to help increasing flexibility and relaxation ***Studio***

Kickstart: Each week you will be challenged in many ways including strength training, circuit training and step aerobics and more. ***Studio***

Live Y'ers: A low impact workout in the pool, so seniors can keep fit without feeling limited by pre-existing pain or injuries. ***Pool***

Metabolic Meltdown: This class will incorporate compound exercises with minimal rest in between high intensity cardio. ***Studio***

PiYo: Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. Yoga mat required. ***Studio***

Power Hour: Use a variety of resistance equipment that is designed to increase lean muscle and improve strength. ***Studio***

Step Interval: This class combines choreographed step work with intervals of strength and conditioning for a well balanced, challenging, and fun workout. ***Studio***

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. *Studio***

Synergy Blast: A circuit style class using the Synergy 360 Station and a variety of exercises to challenge the cardiovascular and muscular systems. Limited capacity (6). *** Synergy 360 Station***

Total-Body Pump: Sculpt your arms, tighten your abs and get a full body workout in this group strength training class. ***Studio***

Treadmill Drills: This treadmill class combines hills, speed, endurance and muscle work to create an intense interval class you will love! Limited capacity(10). ***Fitness Centre***

TRX & Conditioning: This high intensity, heart pumping workout will challenge beginners to advanced participants. It will incorporate high volume TRX and body weight exercises. Limited capacity (11) ***Studio***

Yin Yoga: A 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 to target the connective tissues rather than focusing on the muscles. Yoga mat required. ***Studio***

Yobility: A combo of yoga and mobility exercises to stretch, increase mobility and strengthen common problem areas of the body. Yoga mat required. ***Studio***

Yoga: A true experience for the spirit, mind & body, while improving your strength and flexibility. Yoga mat required. ***Studio***

Zumba: A dynamic, fun, and challenging fitness program using Latin dance flavor. This class features easy-to-follow moves in interval training sessions with fast and slow rhythms, stretching, and most importantly FUN. ***Studio/Gym***

Senior Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00-6:45 am Total-Body Pump *Studio*	6:00-6:45 am CycleFit *Studio*	6:00-6:45 am Kickstart *Studio*			
9:00-10:00 am Power Hour *Studio*	9:00-10:00 am Fit Camp *Studio*	9:00-10:00 am Step Interval *Studio*	9:00-10:00 am HITT/Yoga *Studio*	9:00-10:00 am Bootcamp *Studio*	9:00-9:45 am CycleFit *Multipurpose RM*	
9:15-10:15 am AquaFit	9:15-10:15 am Deep Water Training	9:15-10:15 am AquaFit	9:15-10:15 am Deep Water Training	9:15-10:15 am AquaFit	9:00-10:00 am Total-Body Pump *Studio*	
	10:15-11:15 am Yoga *Studio*	10:15-11:15 am Yin Yoga *Studio*	10:15-11:15 am Yoga *Studio*		10:15-11:15 am Yoga *Studio*	11:00am-12:00 pm Zumba *Studio*
12:05-12:50 pm PiYo *Studio*	12:05-12:50 pm Cardio Kickbox *Studio*	12:05-12:50 pm Treadmill Drills *Fitness Centre*	12:05-12:50 pm Metabolic Meltdown *Studio*	12:05-12:50 pm Stretch & Release *Studio*		
1:30-2:00 pm Gentle Cycle *Studio*						
2:30-3:30 pm Live Y'ers	2:30-3:30 pm GentleFit *Studio*	2:30-3:30 pm Live Y'ers	2:30-3:30 pm GentleFit *Studio*	2:30-3:30 pm Live Y'ers		6:00-7:00 pm Yin Yoga *Studio*
4:30-5:15 pm Yobility *Studio*		4:30-5:15 pm Synergy Blast *Synergy 360*			<p style="text-align: center;">Schedule in Effect September 5th to November 27th, 2022</p> <p style="text-align: center;">Please note there will be no classes: Monday, September 5th Friday, September 30th Monday, October 10th Friday, November 11th</p> <p style="text-align: center;">*Subject to change without notice</p>	
5:30-6:30pm Zumba *Gym*	5:30-6:15 pm Bootcamp *Studio*	5:30-6:30 pm Buns and Bellies *Studio*	5:30-6:30 pm Step Interval *Studio*	5:30-6:30 pm Zumba *Gym*		
5:30-6:30 pm Cyclefit *Studio*	6:30-7:30 pm Yoga *Studio*	6:30-7:30 pm Yoga *Multipurpose RM*	6:45-7:45 pm TRX and Conditioning *Studio*			
6:45-7:45 pm BarbellFit *Studio*	6:30-7:15 pm Synergy Blast *Synergy 360*					
7:15-8:15 pm AquaFit		7:15-8:15 pm AquaFit				