



# 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!**

**Barre 360:** Focuses on dance movements and positions combined with those drawn from yoga and pilates. Light weights, resistance bands, small exercise balls & yoga straps are used for small pulsing movements that focus on form, alignment and core engagement. (Yoga mat required.)

**Boot Camp:** This class puts your body to the test with challenging cardio, weights, core strength, intervals & drills.

**Boxing Fitness:** Learn boxing skills, get fit & have fun in this energetic class!

**Chair Yoga:** A gentle practice of stretches & poses performed in a chair to assist with flexibility & mindfulness.

**Cycle Core:** Get your heart rate up & burn calories on the bike, then down to the mat for core work! Limited capacity.

**Cycle Fit:** Get ready for the ride of a lifetime! Instructor-led class simulates a bike ride as you ride on flat roads, climb hills, sprint & race. Limited capacity.

**Dynamic Strength:** Strength training with large body movements to increase heart rate & muscle mass.

**Fit Camp:** A mixture of strength exercises & cardiovascular training to build strength, endurance & confidence!

**Gentle Cycle:** Indoor cycle offers many benefits for older adults whether you are already active or ready to try a new form of exercise. Limited capacity.

**Gentle Fit:** This class is modified for the specific needs of our senior members and those recovering from injury.

**HIIT/Yoga:** This class begins with high intensity interval training, followed by Yoga to increase flexibility & relaxation. (Yoga mat required.)

**Kickstart:** You will be challenged in many ways... strength training, circuit training, step aerobics & more!

**Metabolic Meltdown:** This class incorporates compound exercises with minimal rest between high intensity cardio.

**PIYO:** Combines the muscle-sculpting & core-firming benefits of Pilates, with strength & flexibility movements of Yoga. (Yoga mat required.)

**Power Hour:** Uses a variety of resistance equipment, designed to increase lean muscle & improve strength.

**Step Interval:** Choreographed step work with intervals of strength & conditioning for a well-balanced, challenging, fun workout.

**Stretch & Release:** Focuses on myofascial release to improve flexibility, mobility, range of motion & recovery using a variety of techniques & equipment including foam rollers & massage balls. (Yoga mat required.)

**Synergy Blast:** Circuit style class using the Synergy 360 Station with a variety of exercises to challenge the cardiovascular & muscular systems. Limited capacity.

**Total Body Pump:** Sculpt your arms, tighten your abs & get a full body workout in this group strength training class!

**Treadmill Drills:** This class combines hills, speed, endurance, and muscle work to create an intense interval class that you will love. Limited capacity.

**TRX & Conditioning:** TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility & core stability. Limited capacity.

**Yin Yoga:** A more meditative version of the popular physical & spiritual discipline of Yoga. Poses are held for a long period of time to target the connective tissues rather than focusing on muscles. (Yoga mat required.)

**Yobility:** A combo of Yoga & mobility exercises to stretch, increase mobility & strengthen common problem areas. (Yoga mat required.)

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

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

**Zumba Step:** A lower-body workout that incorporates Zumba routines and step aerobics with Latin dance rhythms.

## POOL CLASSES - Low impact workouts with no stress on the joints!

**Aqua Fit:** This workout combines cardiovascular & resistance training. It can be done in either deep or shallow water.

**Live Yers:** This is a lively, fun class where seniors use noodles, dumbbells, and balls. Everyone can participate where they feel comfortable, as this class can be done in either the deep or shallow ends of the pool!

Senior Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00-6:45 am <b>TOTAL BODY PUMP</b> *Studio*	6:00-6:45 am <b>CYCLE FIT</b> *Studio*	6:00-6:45 am <b>KICKSTART</b> *Studio*			
9:00-10:00 am <b>POWER HOUR</b> *Studio*	9:00-10:00 am <b>FIT CAMP</b> *Studio*	9:00-10:00 am <b>STEP INTERVAL</b> *Studio*	9:00-10:00 am <b>HITT/YOGA</b> *Studio*	9:00-10:00 am <b>BOOTCAMP</b> *Studio*	9:00-10:00 am <b>TOTAL BODY PUMP</b> *Studio*	
9:15-10:15 am <b>AQUA FIT</b>	9:15-10:15 am <b>AQUA FIT</b>	9:15-10:15 am <b>AQUA FIT</b>	9:15-10:15 am <b>AQUA FIT</b>	9:15-10:15 am <b>AQUA FIT</b>	9:00-9:45 am <b>CYCLE FIT</b> *MPR*	10:00-10:45 am <b>SYNERGY BLAST</b> *Synergy Station*
	10:30-11:30 am <b>YOGA</b> *Studio*	10:30-11:30 am <b>YIN YOGA</b> *Studio*	10:30-11:30 am <b>BARRE 360</b> *Studio*	10:30-11:30 am <b>YOGA</b> *Studio*	10:15-11:15 am <b>YOGA</b> *Studio*	11:00am-12:00 pm <b>ZUMBA</b> *Studio*
12:05-12:50 pm <b>PIYO</b> *Studio*	12:05-12:50 pm <b>TRX &amp; CONDITIONING</b> *Studio*	12:05-12:50 pm <b>TREADMILL DRILLS</b> *Fitness Centre*	12:05-12:50 pm <b>CYCLE CORE</b> *Studio*	12:05-12:50 pm <b>BARRE 360</b> *Studio*	11:30-12:15 <b>BARRE 360</b> *Studio*	
1:30-2:00 pm <b>GENTLE CYCLE</b> *Studio*					12:30-1:15 pm <b>ZUMBA STEP</b> *Studio*	
2:30-3:30 pm <b>LIVE Y'ERS</b>	2:30-3:00 pm <b>GENTLE FIT</b> *Studio*	2:30-3:30 pm <b>LIVE Y'ERS</b>	2:30-3:00 pm <b>GENTLE FIT</b> *Studio*	2:30-3:30 pm <b>LIVE Y'ERS</b>		1:30-2:30 pm <b>BOXING FITNESS</b> *Studio*
	3:00-3:30 pm <b>CHAIR YOGA</b> *Studio*		3:00-3:30 pm <b>CHAIR YOGA</b> *Studio*			
4:30-5:15 pm <b>YOBIILITY</b> *Studio*	4:30-5:15 pm <b>DYNAMIC STRENGTH</b> *Studio*	4:30-5:15 pm <b>TRX &amp; CONDITIONING</b> *Studio*	4:30-5:15 pm <b>STRENGTH TRAINING</b> *Studio*			
5:30-6:30pm <b>ZUMBA</b> *Gym*	5:30-6:15 pm <b>BOOTCAMP</b> *Studio*	5:30-6:15 pm <b>CYCLE FIT</b> *Studio*	5:30-6:30 pm <b>STEP INTERVAL</b> *Studio*	5:30-6:30 pm <b>ZUMBA</b> *Gym*		6:00-7:00 pm <b>YIN YOGA</b> *Studio*
5:30-6:15 pm <b>CYCLE FIT</b> *Studio*	6:30-7:30 pm <b>YOGA</b> *Studio*	6:30-7:15 pm <b>STRETCH &amp; RELEASE</b> *Studio*	6:45-7:45 pm <b>TRX &amp; CONDITIONING</b> *Studio*		<p align="center"><b>Schedule in Effect</b>  <b>March 27th to July 2nd</b>  <b>No Classes:</b>  <b>Friday, April 7th</b>  <b>Monday, May 22nd</b>  <b>Saturday, July 1st</b>  *Subject to change without notice</p>	
6:30-7:30 pm <b>BARBELL FIT</b> *Studio*	6:30-7:15 pm <b>SYNERGY BLAST</b> *Synergy Station*					
7:15-8:15 pm <b>AQUA FIT</b>		7:15-8:15 pm <b>AQUA FIT</b>				