



Shine On

# Winter Fitness Classes

January 5 to April 5

## YMCA Fitness classes are an excellent way to get in shape!

**Barbell Fit:** Increase your strength & endurance with barbell weight training.

**Barre 360:** Light weights, resistance bands & small exercise balls are used for small pulsing movements that focus on form, alignment and core engagement. (Yoga mat required.)

**Belly Dance:** Have fun with this torso-driven dance with an emphasis on articulation of the hips.

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

**Cardio Drumming:** A dynamic cardiovascular workout combining drumming, rhythm, & music. Limited capacity.

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

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

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

**Dance & Tone:** Have fun dancing to upbeat tunes using small weights to sculpt arms & core.

**Fit Camp:** Strength exercises & cardiovascular training to build strength, endurance & confidence.

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

**Gentle Yoga Flow:** This class is a space to rest, release & restore- moving slowly, breathing deeply and unwinding with a slow flow for body & mind. (Yoga mat required.)

**Guided Meditation:** Participants will be gently guided through basic steps in their meditation practice. (Yoga mat required.)

**HIIT/Core Fusion:** High intensity intervals with exercises to target the entire core while pushing your cardiovascular, muscular & endurance systems to the limit!

**HIIT The Tread:** High Intensity Interval Training is a great way to improve heart health, build endurance, strength and speed. Bursts of effort will be followed by active recovery throughout this run.

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

**Line Dancing:** A fun form of dance where participants dance in one or more lines facing the same direction. No experience necessary!

**Metabolic Meltdown:** Metabolic strength workout using a variety of compound moves to work all muscle groups.

**Morning Meditation:** Start your day right with meditation to clear the mind, relax, and reduce stress. (Yoga mat required.)

**Pilates:** Increase core strength, stability & flexibility with repetitive exercises on an exercise mat. Capacity 16.

**PiYO:** An intense workout that combines the muscle-sculpting & core-firming benefits of Pilates, with the strength & flexibility movements of Yoga. (Yoga mat required.)

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

**Restorative Yoga:** Deep relaxation & stress reduction through supportive, passive poses held for extended periods. Promotes physical & mental rejuvenation.

**Spin & Yin:** This class combines the two extremes of fitness with a high intensity half hour cardio workout on the bike, then 30 minutes on the mat with a focused series of yoga poses designed to get deep into the joints and fascia.

Get the most bang for your buck with this carefully planned two in one workout! (Yoga mat required.)

**Step Interval:** Choreographed class with intervals of strength training for a balanced, challenging, fun workout.

**Strength & Cardio:** A combination of strength training exercises and cardio intervals to improve overall fitness.

**Strength Training:** This class builds muscular strength using a variety of equipment & muscle groups.

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

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

**Tai Chi (24 Form):** Tai Chi (24 Form) is based on Yang Style Tai Chi, derived from the Yang 108.

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

**Turf Time:** Build fitness, strength & mobility that's transferrable to daily life whilst having fun and discovering new equipment. Limited capacity.

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

**Yin/Yang Yoga:** This practice blends 2 styles of yoga into one, bringing the benefits of passively holding yoga poses with more dynamic sequences & standing postures. (Yoga mat required.)

**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 entirely on muscles. (Yoga mat required.)

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

**Yoga:** Connects body, breath, & mind using physical postures & breathing exercises. (Yoga mat required.) Classes in Studio B have a maximum capacity of 16.

**Yogalates:** This core strength class works on flexibility & controlled breathing. (Yoga mat required.) Capacity 16.

**Zumba:** A dynamic challenging fitness program using Latin dance flavours. Fast & slow rhythms, stretching & FUN!

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

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

**Aqua Fit:** Cardiovascular & resistance training that 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 end.

Fitness Class Descriptions

## **WINTER FITNESS CLASS SCHEDULE (January 5 to April 5)**

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday						
6:00-6:45	7:00-7:30	6:00-6:45	7:00-7:45	6:00-6:45	8:15-9:00	6:00-6:45	7:00-7:45	6:00-6:45	7:00-7:45	8:15-9:00 am								
MORNING MEDITATION	HIIT THE TREAD	BOOT CAMP	YOGA	CYCLE FIT	STRENGTH TRAINING	KICKSTART	STEP	UP & RUNNING	GUIDED MEDITATION	BARBELL FIT								
*Studio A*	*Treadmills*	*Studio A*	*Studio A*	*Studio B*	*Studio A*	*Studio A*	*Studio A*	*Treadmills*	*Studio A*	*Studio B*								
9:00-10:00 am		9:00-10:00 am		9:00-10:00 am		9:00-10:00 am		9:00-10:00 am		9:00-9:45	9:15-10:00							
AQUA FIT *Pool*		AQUA FIT *Pool*		AQUA FIT *Pool*		AQUA FIT *pool*		AQUA FIT *Pool*		BARRE 360 *Studio A*	CYCLE FIT *Studio B*							
9:15-10:15 am		9:15-10:15 am		9:15-10:15 am		9:15-10:15 am		9:15-10:15 am		10:00-10:45 am		10:00-10:45 am						
POWER HOUR *Studio A*		FIT CAMP *Studio A*		STEP INTERVAL *Studio A*		STRENGTH & CARDIO *Studio A*		BOOT CAMP *Studio A*		BOOT CAMP *Studio A*		SYNERGY *Synergy*						
10:30-11:30 am		10:30-11:30 am		10:30-11:30 am		10:30-11:30 am		10:30-11:30 am		11:00 am-12:00 pm		11:00-12:00 11:00-11:45						
YOGA *Studio A*		YIN YOGA *Studio A*		YOGA *Studio A*		BARRE 360 *Studio A*		GENTLE YOGA FLOW *Studio A*		YOGA *Studio A*	TURF TIME *Turf*	ZUMBA *Studio A* CYCLE FIT *Studio B"						
12:05-12:50 pm		12:05-12:50 pm		12:05-12:50 pm		12:05-12:50 pm		12:05-12:50 pm		12:15-1:00 pm		12:15-1:15 pm						
PiYO *Studio A*		TURF TIME *Turf Area*		UP & RUNNING *Treadmills*		CYCLE CORE *Studio B*		METABOLIC MELTDOWN *Studio A*		ZUMBA STEP *Studio A*		STRETCH & RELEASE *Studio A*						
1:30-2:15 pm				1:30-2:30 pm						1:00-2:00 pm		AQUA FIT *Pool*						
BARRE 360 *Studio A*				TAI CHI (24 FORM) *Studio A*						2:15-3:15 pm		LINE DANCING *Studio A*						
2:30-3:30 pm				2:30-3:00 pm						3:30-4:30 pm		TAI CHI (24 FORM) *Studio A*						
LIVE Y'ERS *Pool*		LIVE Y'ERS *Pool*		GENTLE FIT *Studio A*		LIVE Y'ERS *Pool*	GENTLE FIT *Studio A*		LIVE Y'ERS *Pool*	5:00-6:00 pm		5:00-6:00 pm						
4:30-5:15 pm				4:30-5:15 pm			4:30-5:15 pm			5:30-6:30 pm		5:30-6:30 pm						
YOBILITY	CYCLE FIT	HIIT/CORE FUSION *Studio A*	LINE DANCING * Studio B*	CARDIO DRUMMING *Studio A*	TRX & COND *Studio B*		STRENGTH TRAINING *Studio A*			ZUMBA * Studio A*		NO CLASSES						
*Studio A*	* Studio B*											Monday, Feb 16						
5:30-6:30	6:00-7:00	5:30-6:15	5:30-6:30	5:30-6:30	5:30-6:30	5:30-6:30	STEP INTERVAL * Studio A*		RESTORATIVE YOGA * Studio B*	Friday, April 3		YIN YOGA* *Studio A*						
ZUMBA	YOGALATES	BOOT CAMP *Studio A"	PILATES *Studio B*	STRENGTH TRAINING * Studio A*	BELLY DANCE *Studio B*	INTERVAL * Studio A*	RESTORATIVE YOGA * Studio B*											
*Studio A*	* Studio B*																	
6:45-7:30 pm		6:30-7:15 pm		6:45-7:45		6:45-7:45		6:45-7:30		6:45-7:45								
BARRE 360 * Studio A *		DANCE & TONE *Studio A*		SYNERGY *Synergy*		LINE DANCING * Studio A*		SPIN & YIN * Studio B*		TURF TIME *Turf Area*								
7:15-8:15 pm		7:30-8:15 pm		7:15-8:15 pm														
AQUA FIT *Pool*		YIN/YANG YOGA * Studio A *		AQUA FIT *Pool*														