



## Summer Fitness Classes - June 29 to Sept 6

**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.
- 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.
- 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!\*\*
- Cycle Fit:** This class simulates a bike ride as you ride on flat roads, climb hills, sprint & race.\*\*
- 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 looking for a less intense class.
- 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.
- Metabolic Meltdown:** Metabolic strength workout using a variety of compound moves to work all muscle groups.
- Outdoor Tai Chi (24 Form):** This class is based on Yang Style Tai Chi, derived from the Yang 108.
- Outdoor Yoga\*:** Connects body, breath, & mind using physical postures & breathing exercises.
- Outdoor Yoyalates\*:** This core strength class works on flexibility & controlled breathing.
- Pilates:** Increase core strength, stability & flexibility with repetitive exercises. Capacity 16.
- PiYO\*:** An intense workout that combines the muscle-sculpting & core-firming benefits of Pilates, with the strength & flexibility movements of Yoga.
- Power Hour:** Uses a variety of resistance equipment, designed to increase lean muscle & improve strength.
- 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 & Strengthen:** This class is a dynamic, full-body workout designed to simultaneously build muscle and joint strength whilst also increasing flexibility, mobility and balance.
- Synergy:** Circuit style class using the Synergy 360 Station with a variety of exercises to challenge the cardiovascular & muscular systems.
- Tai Chi (24 Form):** This class is based on Yang Style Tai Chi, derived from the Yang 108.
- TRX & Conditioning:** TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility & core stability.\*\*
- Turf Time:** Build fitness, strength & mobility that's transferrable to daily life whilst having fun and discovering new equipment.\*\*
- Up & Running:** This class combines hills, speed, endurance, and muscle work to create an intense treadmill interval class that you will love.\*\*
- 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\*:** Connects body, breath, & mind using physical postures & breathing exercises.
- Zumba:** A dynamic challenging fitness program using Latin dance flavours. Fast & slow rhythms, stretching & FUN!

\* Yoga Mat Required    \*\* Limited Capacity

### 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.

# SUMMER FITNESS CLASS SCHEDULE (June 29 to Sept 6)

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00-7:30 am		6:00-6:45 am	7:00-7:45 am	6:00-6:45		
<b>HIIT THE TREAD</b> <small>Treadmills</small>		<b>CYCLE FIT</b> <small>Studio B*</small>	<b>STEP</b> <small>Studio A</small>	<b>UP &amp; RUNNING</b> <small>Treadmills</small>		
	8:15-9:00 am	8:15-9:00 am	8:15-9:00 am		8:15-9:00 am	8:15-9:00 am
	<b>STRENGTH TRAINING</b> <small>Studio A</small>	<b>BARRE 360</b> <small>Studio A</small>	<b>STRETCH &amp; STRENGTHEN</b> <small>Studio A</small>		<b>BARBELL FIT</b> <small>Studio B*</small>	
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 am	
<b>AQUA FIT</b> <small>Pool</small>	<b>AQUA FIT</b> <small>Pool</small>	<b>AQUA FIT</b> <small>Pool</small>	<b>AQUA FIT</b> <small>Pool</small>	<b>AQUA FIT</b> <small>Pool</small>	<b>BARRE 360</b> <small>Studio A</small>	
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
<b>POWER HOUR</b> <small>Studio A</small>	<b>FIT CAMP</b> <small>Studio A</small>	<b>STEP INTERVAL</b> <small>Studio A</small>	<b>STRENGTH &amp; CARDIO</b> <small>Studio A</small>	<b>BOOT CAMP</b> <small>Studio A</small>	<b>BOOT CAMP</b> <small>Studio A</small>	<b>SYNERGY</b> <small>Synergy Area</small>
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 am-11:45 am
<b>YOGA</b> <small>Studio A</small>	<b>YIN YOGA</b> <small>Studio A</small>	<b>YOGA</b> <small>Studio A</small>	<b>BARRE 360</b> <small>Studio A</small>	<b>YOGA</b> <small>Studio A</small>	<b>YOGA</b> <small>Studio A</small>	<b>TURF TIME</b> <small>Turf</small>
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		
<b>PIYO</b> <small>Studio A</small>	<b>TURF TIME</b> <small>Turf</small>	<b>UP &amp; RUNNING</b> <small>Treadmills</small>	<b>CYCLE CORE</b> <small>Studio B*</small>	<b>METABOLIC MELTDOWN</b> <small>Studio A</small>		
1:30-2:15 pm		1:30-2:30 pm		<b>TAI CHI (24 FORM)</b> <small>Studio A</small>		
<b>BARRE 360</b> <small>Studio A</small>						
2:30-3:30 pm	1:30-2:00 pm	2:30-3:30 pm	1:30-2:00 pm	2:30-3:30 pm		3:00-4:00 pm
<b>LIVE Y'ERS</b> <small>Pool</small>	<b>GENTLE FIT</b> <small>Studio A</small>	<b>LIVE Y'ERS</b> <small>Pool</small>	<b>GENTLE FIT</b> <small>Studio A</small>	<b>LIVE Y'ERS</b> <small>Pool</small>		<b>OUTDOOR **</b> <b>TAI CHI (24 FORM)</b> <small>Outdoor Turf</small>
	2:00-2:30 pm		2:00-2:30 pm		2:00-2:30 pm	
	<b>CHAIR YOGA</b> <small>Studio A</small>		<b>CHAIR YOGA</b> <small>Studio A</small>			
4:45-5:30 pm	4:45-5:30 pm	4:45-5:30 pm	4:45-5:30 pm			4:15-5:15 pm
<b>BARRE 360</b> <small>Studio A</small>	<b>HIIT/CORE FUSION</b> <small>Studio A</small>	<b>CARDIO DRUMMING</b> <small>Studio A</small>	<b>TRX &amp; COND</b> <small>Studio B*</small>	<b>STRENGTH TRAINING</b> <small>Studio A</small>		<b>YIN YOGA*</b> <small>Studio A</small>
5:45-6:45 pm	5:45-6:30	5:30-6:30	5:45-6:45 pm	5:45-6:45 pm		
<b>ZUMBA</b> <small>Studio A</small>	<b>BOOT CAMP</b> <small>Studio A</small>	<b>PILATES</b> <small>Studio B*</small>	<b>STRENGTH TRAINING</b> <small>Studio A</small>	<b>ZUMBA</b> <small>Studio A</small>		
6:30-7:30 pm	6:45-7:30 pm					
<b>OUTDOOR YOGALATES**</b> <small>Studio B</small>	<b>DANCE &amp; TONE</b> <small>Studio A</small>	<b>OUTDOOR** YOGA</b> <small>Outdoor Turf</small>				
7:30-8:15 pm	6:30-7:15 pm		7:30-8:15 pm			
<b>AQUA FIT</b> <small>Pool</small>	<b>SYNERGY</b> <small>Synergy Area</small>		<b>AQUA FIT</b> <small>Pool</small>			

**NO CLASSES:**  
Wednesday, July 1 & Monday, August 3

\* Classes in Studio B Have Limited Capacity  
\*\* Weather Permitting