



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 Yogalates*:** 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			
HIIT THE TREAD <small>Treadmills</small>		CYCLE FIT <small>Studio B*</small>	STEP <small>Studio A</small>	UP & RUNNING <small>Treadmills</small>			
	8:15-9:00 am	8:15-9:00 am	8:15-9:00 am		8:15-9:00 am		
	STRENGTH TRAINING <small>Studio A</small>	BARRE 360 <small>Studio A</small>	STRETCH & STRENGTHEN <small>Studio A</small>		BARBELL FIT <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	9:00-10:00 am	9:00-9:45 am	
AQUA FIT <small>Pool</small>	AQUA FIT <small>Pool</small>	AQUA FIT <small>Pool</small>	AQUA FIT <small>Pool</small>	AQUA FIT <small>Pool</small>	AQUA FIT <small>Pool</small>	BARRE 360 <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	
POWER HOUR <small>Studio A</small>	FIT CAMP <small>Studio A</small>	STEP INTERVAL <small>Studio A</small>	STRENGTH & CARDIO <small>Studio A</small>	BOOT CAMP <small>Studio A</small>	BOOT CAMP <small>Studio A</small>	SYNERGY <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	
YOGA <small>Studio A</small>	YIN YOGA <small>Studio A</small>	YOGA <small>Studio A</small>	BARRE 360 <small>Studio A</small>	YOGA <small>Studio A</small>	YOGA <small>Studio A</small>	TURF TIME <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			
PIYO <small>Studio A</small>	TURF TIME	UP & RUNNING <small>Treadmills</small>	CYCLE CORE	METABOLIC MELTDOWN <small>Studio A</small>			
1:30-2:15 pm	1:30-2:15 pm	1:30-2:30 pm	1:30-2:30 pm	1:30-2:00 pm			
BARRE 360 <small>Studio A</small>	TURF TIME <small>Turf</small>	TAI CHI (24 FORM) <small>Studio A</small>	CYCLE CORE <small>Studio B*</small>	2:30-3:30 pm			
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	
LIVE Y'ERS <small>Pool</small>	GENTLE FIT <small>Studio A</small>	LIVE Y'ERS <small>Pool</small>	GENTLE FIT <small>Studio A</small>	LIVE Y'ERS <small>Pool</small>		OUTDOOR ** TAI CHI (24 FORM) <small>Outdoor Turf</small>	
4:45-5:30 pm	2:00-2:30 pm	4:45-5:30 pm	2:00-2:30 pm	4:45-5:30 pm		4:15-5:15 pm	
BARRE 360 <small>Studio A</small>	CHAIR YOGA <small>Studio A</small>	4:45-5:30 pm	CHAIR YOGA <small>Studio A</small>	4:45-5:30 pm		YIN YOGA* <small>Studio A</small>	
5:45-6:45 pm	4:45-5:30 pm	5:45-6:45 pm	4:45-5:30 pm	5:45-6:45 pm			
ZUMBA <small>Studio A</small>	HIIT/CORE FUSION <small>Studio A</small>	STRENGTH TRAINING <small>Studio A</small>	5:45-6:45 pm	ZUMBA <small>Studio A</small>			
6:30-7:30 pm	5:45-6:30	6:30-7:30 pm	5:45-6:45 pm	6:30-7:30 pm			
OUTDOOR YOGALATES** <small>Outdoor Turf</small>	BOOT CAMP <small>Studio A</small>	6:30-7:30 pm	5:45-6:45 pm	6:30-7:30 pm			
	PILATES <small>Studio B*</small>	6:45-7:30 pm	6:45-7:30 pm	6:45-7:30 pm			
	DANCE & TONE <small>Studio A</small>	STRENGTH TRAINING <small>Studio A</small>	6:45-7:30 pm	6:45-7:30 pm			
	OUTDOOR** YOGA <small>Outdoor Turf</small>	7:30-8:15 pm	7:30-8:15 pm	7:30-8:15 pm			
7:30-8:15 pm	7:30-8:15 pm	7:30-8:15 pm	7:30-8:15 pm	7:30-8:15 pm			
AQUA FIT <small>Pool</small>	SYNERGY <small>Synergy Area</small>	AQUA FIT <small>Pool</small>	AQUA FIT <small>Pool</small>	AQUA FIT <small>Pool</small>			

NO CLASSES:

Wednesday, July 1 & Monday, August 3

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