



Shine On

Fall Fitness Classes – Sept 7 to Dec 20

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.

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.

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

Core Flow: A core-focused class that includes dynamic flowing movement as well as repetitive strength-based exercises.*

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.

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.*

Guided Meditation: Participants will be gently guided through basic steps in their meditation practice.*

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.*

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.*

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.*

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.*

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 & Mobility: Strength training and movement patterns to build strength and mobility. This class works areas of the body that often get overlooked but keep our bodies moving smoothly and strong to achieve a good range of motion.

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.*

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): Tai Chi (24 Form) 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/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.*

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.*

Yogalates: This core strength class works on flexibility & controlled breathing.*

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.

* 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 Y'ers: 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

FALL FITNESS CLASS SCHEDULE (Sept 7 to Dec 20)

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 am	6:00-6:45	7:00-7:45	6:00-6:45	7:00-7:45					
MORNING MEDITATION Studio A	HIIT THE TREAD Treadmills	BOOT CAMP Studio A	CYCLE FIT Studio B*	CYCLE FIT Studio B*	KICKSTART Studio A	STEP Studio A	UP & RUNNING Treadmills	GUIDED MEDITATION Studio A					
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		8:15-9:00 am			
CORE FLOW Studio A		BARRE 360 Studio A		STRENGTH TRAINING Studio A		STRETCH & STRENGTHEN Studio A		STRENGTH TRAINING Studio A		BARBELL FIT 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 Area	YOGA Studio A
10:30-11:30 am		10:30-11:30 am		10:30-11:30 am		10:30-11:15 am		10:30-11:15 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	
PiYO Studio A		TURF TIME Turf		UP & RUNNING Treadmills	CORE FLOW Studio A	CYCLE CORE Studio B*		METABOLIC MELTDOWN Studio A				STRETCH & RELEASE Studio A	
1:30-2:15 pm				1:30-2:30 pm								1:00-2:00 pm	
BARRE 360 Studio A				TAI CHI (24 FORM) Studio A								AQUA FIT Pool	
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				1:30-2:00 pm	
LIVE Y'ERS Pool		GENTLE FIT Studio A		LIVE Y'ERS Pool		GENTLE FIT Studio A		LIVE Y'ERS Pool				CARDIO DRUMMING Studio A	
		2:00-2:30 pm				2:00-2:30 pm						2:15-3:00 pm	
		CHAIR YOGA Studio A				CHAIR YOGA Studio A						LINE DANCING Studio A	
4:45-5:30 pm		4:45-5:30 pm		4:45-5:30 pm		4:45-5:30 pm		5:30-6:15 pm				3:15-4:15 pm	
STRENGTH & MOBILITY Studio A	CYCLE FIT Studio B*	HIIT/CORE FUSION Studio A	LINE DANCING Studio B*	CARDIO DRUMMING Studio A	TRX & COND Studio B*	STRENGTH TRAINING Studio A	BELLY DANCE Studio B*	SYNERGY Synergy Area				TAI CHI (24 FORM) Studio A	
5:45-6:45	6:00-7:00	5:45-6:30 pm		5:45-6:45 pm		5:45-6:45 pm		5:30-6:30 pm				4:30-5:30 pm	
ZUMBA Studio A	YOGALATES Studio B*	BOOT CAMP Studio A	PILATES Studio B*	STRENGTH TRAINING Studio A	SPIN & YIN Studio B*	ZUMBA Studio A	RESTORATIVE YOGA Studio B	ZUMBA Studio A				YIN YOGA* Studio A	
7:00-7:45 pm		6:45-7:30	6:30-7:15	7:00-7:45 pm		6:45-7:30 pm							
BARRE 360 Studio A		DANCE & TONE Studio A	SYNERGY Synergy Area	ZUMBA STEP Studio A	BARBELL FIT Studio B*	TURF TIME Turf							
7:15-8:15 pm		7:45-8:30 pm		7:15-8:15 pm									
AQUA FIT Pool		YIN/YANG YOGA Studio A		AQUA FIT Pool									

NO CLASSES

Monday, Sept 7
Wednesday, Sept 30

Monday, Oct 12

Wednesday, Nov 11

*Classes in Studio B
Have Limited Capacity