Fall Fitness Classes – Dec 1 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.
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 (Dec 1 to Dec 20)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-6:45 **MORNING MEDITATION** Studio A	6:00-6:45 **BOOT CAMP** Studio A	6:00-6:45 am **CYCLE FIT** Studio B*	6:00-6:45 **KICKSTART** Studio A	6:00-6:45 **UP & RUNNING** Treadmills		
7:00-7:30 **HIIT THE TREAD** Treadmills	7:00-7:45 **CYCLE FIT** Studio B*		7:00-7:45 **STEP** Studio A	7:00-7:45 **GUIDED MEDITATION** Studio A		
8:15-9:00 am **CORE FLOW** Studio A	8:15-9:00 am **BARRE 360** Studio A	8:15-9:00 am **STRENGTH TRAINING** Studio A	8:15-9:00 am **STRETCH & STRENGTHEN** Studio A	8:15-9:00 am **STRENGTH TRAINING** Studio A	8:15-9:00 am **BARBELL FIT** Studio B*	
9:00-10:00 am **AQUA FIT** Pool	9:00-10:00 am **AQUA FIT** Pool	9:00-10:00 am **AQUA FIT** Pool	9:00-10:00 am **AQUA FIT** Pool	9:00-10:00 am **AQUA FIT** Pool	9:00-9:45 **BARRE 360** Studio A	
					9:15-10:00 **CYCLE FIT** Studio B*	
9:15-10:15 am **POWER HOUR** Studio A	9:15-10:15 am **FIT CAMP** Studio A	9:15-10:15 am **STEP INTERVAL** Studio A	9:15-10:15 am **STRENGTH & CARDIO** Studio A	9:15-10:15 am **BOOT CAMP** Studio A	10:00-10:45 am **BOOT CAMP** Studio A	10:00-10:45 am **SYNERGY** Synergy Area
						YOGA Studio A
10:30-11:30 am **YOGA** Studio A	10:30-11:30 am **YIN YOGA** Studio A	10:30-11:30 am **YOGA** Studio A	10:30-11:15 am **BARRE 360** Studio A	10:30-11:15 am **GENTLE YOGA FLOW** Studio A	11:00 am-12:00 pm **YOGA** Studio A	11:00-12:00 **ZUMBA** Studio A
					TURF TIME Turf	11:00-11:45 **CYCLE FIT** Studio B*
12:05-12:50 pm **PiYO** Studio A	12:05-12:50 pm **TURF TIME** Turf	12:05-12:50 pm **UP & RUNNING** Treadmills	12:05-12:50 pm **CYCLE CORE** Studio B*	12:05-12:50 pm **METABOLIC MELTDOWN** Studio A		12:15-1:00 pm **STRETCH & RELEASE** Studio A
		CORE FLOW Studio A				
1:30-2:15 pm **BARRE 360** Studio A		1:30-2:30 pm **TAI CHI (24 FORM)** Studio A				1:00-2:00 pm **AQUA FIT** Pool
2:30-3:30 pm **LIVE Y'ERS** Pool	1:30-2:00 pm **GENTLE FIT** Studio A	2:30-3:30 pm **LIVE Y'ERS** Pool	1:30-2:00 pm **GENTLE FIT** Studio A	2:30-3:30 pm **LIVE Y'ERS** Pool		1:30-2:00 pm **CARDIO DRUMMING** Studio A
	2:00-2:30 pm **CHAIR YOGA** Studio A		2:00-2:30 pm **CHAIR YOGA** Studio A			2:15-3:00 pm **LINE DANCING** Studio A
4:45-5:30 pm **STRENGTH & MOBILITY** Studio A	4:45-5:30 pm **HIIT/CORE FUSION** Studio A	4:45-5:30 pm **CARDIO DRUMMING** Studio A	4:45-5:30 pm **STRENGTH TRAINING** Studio A	5:30-6:15 pm **SYNERGY** Synergy Area		3:15-4:15 pm **TAI CHI (24 FORM)** Studio A
CYCLE FIT Studio B*	**LINE DANCING** Studio B*	**TRX & COND** Studio B*				
5:45-6:45 **ZUMBA** Studio A	5:45-6:30 pm **BOOT CAMP** Studio A	5:45-6:45 pm **STRENGTH TRAINING** Studio A	5:45-6:45 pm **ZUMBA** Studio A	5:30-6:30 pm **ZUMBA** Studio A		4:30-5:30 pm **YIN YOGA*** Studio A
6:00-7:00 **YOGALATES** Studio B*	**PILATES** Studio B*	**SPIN & YIN** Studio B*	**RESTORATIVE YOGA** Studio B			
7:00-7:45 pm **BARRE 360** Studio A	6:45-7:30 **DANCE & TONE** Studio A	7:00-7:45 pm **ZUMBA STEP** Studio A	6:45-7:30 pm **TURF TIME** Turf			
	6:30-7:15 **SYNERGY** Synergy Area	**BARBELL FIT** Studio B*				
7:15-8:15 pm **AQUA FIT** Pool	7:45-8:30 pm **YIN/YANG YOGA** Studio A	7:15-8:15 pm **AQUA FIT** Pool				***Classes in Studio B Have Limited Capacity**