



# DROP-IN AND SPECIALTY GROUP FITNESS CLASSES

JANUARY 9 TO  
APRIL 2, 2012

*Please pick up a ticket at the Membership Sales and Service Desk prior to the start of class (limited attendance).*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Cyclefit</b> 6:45 am – 7:30 am			
		<b>Cyclefit</b> 9:00 am - 10:00 am		
<b>Cardio Combo</b> 11:30 am - 12:15 pm	<b>Total Ball</b> 11:30 am - 12:15 pm	<b>Instructor's Choice</b> 11:30 am - 12:15 pm	<b>Cardio Combo</b> 11:30 am - 12:15 pm	<b>Interval</b> 11:30 am - 12:15pm
<b>TMC</b> 12:20 pm - 1:00 pm	<b>Cardio Kick Box</b> 12:20 pm - 1:00 pm	<b>TMC</b> 12:20 pm - 1:00 pm	<b>Hatha Yoga</b> 12:00 pm - 1:00 pm	<b>Power Yoga - Beginner</b> 12:00 pm - 1:00 pm
<b>Cyclefit</b> 12:15 pm - 1:00 pm	<b>Cyclefit</b> 12:15 pm - 1:00 pm	<b>Cyclefit</b> 12:15 pm - 1:00 pm	<b>Cyclefit</b> 12:15 pm - 1:00 pm	<b>Cyclefit</b> 12:15 pm - 1:00 pm
<b>Yoga</b> 12:00 pm - 1:00 pm	<b>Kettlebell</b> 12:00 pm - 12:30 pm	<b>Pilates Fusion</b> 12:00 pm - 1:00 pm	<b>Bootcamp</b> 12:20 pm - 1:00 pm	<b>TMC</b> 12:20 pm - 1:00 pm
<b>Bootcamp</b> 1:05 pm - 1:45 pm				<b>Total Core</b> 1:05 pm - 1:45 pm
			<b>Kettlebell</b> 1:05 pm - 1:35 pm	
<b>Power Yoga</b> 5:25 pm - 6:25 pm	<b>Zumba Toning</b> 5:15 pm - 6:15 pm	<b>Pilates Fusion</b> 5:25 pm - 6:25 pm	<b>Power Yoga</b> 5:25 pm - 6:25 pm	<b>Zumba Toning</b> 5:00 pm - 6:00 pm
<b>Cyclefit</b> 5:30-6:30	<b>Cyclefit</b> 5:45 pm - 6:45 pm	<b>Cyclefit</b> 5:30 pm - 6:30 pm	<b>Cyclefit</b> 5:30 pm - 6:30 pm	
<b>Bootcamp</b> 5:30 pm - 6:30 pm	<b>Somayoga</b> 5:45 pm - 6:45 pm	<b>Yoga</b> 6:30 pm - 7:30 pm	<b>Zumba</b> 5:30 pm - 6:30 pm	

Please see other side for class descriptions.

Last updated: February 23, 2012

**Downtown Y**  
99 Bank Street  
613.233.9331

[www.ymcaywca.ca](http://www.ymcaywca.ca)



STRENGTHENING  
the **HEART** of our  
COMMUNITY



# DROP-IN AND SPECIALTY

## GROUP FITNESS CLASSES

JANUARY 9 TO  
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### Drop-In Class Descriptions

#### Body Rev

High repetition weight training that targets all major muscle groups .

#### Bootcamp

Enjoy variety, speed, drills, intense cardio segments and being pushed to your limit.

#### Cardio Combo

A mixed impact cardiovascular workout that may include sport specific moves, hi low and muscular, strength & endurance exercises. All levels welcome.

#### Cardio Kick Box

A high energy mixed impact workout that utilizes boxing / kick boxing moves modified for safety.

#### Cyclefit

A high energy cardiovascular workout on a bike. Each class uses a variety of cycling techniques to help you reach your goals.

#### Interval

A multi-level class alternating between strength training and cardio drills with the option to work at your own level.

#### TMC

A complete workout using a variety of equipment to strengthen and tone all major muscle groups. No cardio component.

#### Total Ball

Cardio and strength work using the stability ball.

#### Total Core

Strengthening of muscle groups in the torso with a focus on abdominals, low back and stability; may use a variety of equipment to enhance your workout.

### Specialty Class Descriptions

#### Kettlebell

Renew your workouts with kettlebells. Discover how to use a kettlebell safely and effectively to build strength, endurance, flexibility and core strength. Our trainers have specialized training in teaching proper technique with physical and intense learning.

#### Pilates

Basic and Intermediate participants are welcome to this class. Options will be given for each level.

#### Power Yoga

This class takes traditional Yoga postures at a different intensity and pace to challenge the physical to a higher level. Previous Yoga experience is recommended.

#### Somayoga

A restorative and therapeutic yoga practice that combines the essence of traditional hatha yoga with scientifically developed principles of movement. Somayoga increases mobility and flexibility of the spine, promotes proper alignment and develops core muscle strength.

#### Zumba

Zumba is a fusion of Latin and international music-dance themes creating a dynamic and effective fitness system. This session will review some basic rhythms (salsa, merengue, samba and more) and movements which will then be combined in a one of a kind workout which will have you moving in ways you never imagine.

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