



Group Fitness Class Schedule

April 4 – June 30, 2022

FACILITY HOURS – Mon-Fri: 6:30AM - 8:00PM | Sat: 9:00AM - 3:00PM | Sun: Closed

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00AM - 9:00AM Yoga (Conference Room)				8:00AM - 8:45AM Total Body Workout (Studio)		CLOSED
	9:30AM - 10:15AM Core Conditioning (Studio)		9:30AM - 10:30AM Yoga (Conference Room)	9:30AM - 10:30AM Yoga (Conference Room)	9:15AM - 10:00AM Zumba (Studio)	
		9:45AM - 10:30AM Aqua Fit (Pool)		9:45AM - 10:30AM Aqua Fit (Pool)	9:30AM - 10:30AM Yoga (Conference Room)	
10:00AM - 11:00AM Young at Heart Yoga (Conference Room)	10:00AM - 11:00AM Weight Training for Seniors (Conditioning Floor)	10:00AM - 10:45AM Young at Heart Cardio (Studio)	10:00AM - 11:00AM Weight Training for Seniors (Conditioning Floor)	10:00AM - 10:45AM Young at Heart Strength (Studio)	10:15AM - 11:00AM Cyclefit (Studio)	
11:15AM - 12:15AM Young at Heart Yoga (Conference Room)	10:30AM - 11:30AM Yoga (Conference Room)	11:00AM - 11:45AM Young at Heart Cardio (Studio)	10:45AM - 11:45AM Yoga (Conference Room)	11:00AM - 11:45AM Young at Heart Strength (Studio)	11:30AM - 12:30PM Barre (Studio)	
5:45PM - 6:30PM Zumba (Studio)		5:45PM - 6:45PM Yoga (Conference Room)				
	7:00PM - 7:45PM Cyclefit (Studio)	7:00PM - 7:45PM Zumba (Studio)	6:45PM - 7:30PM Total Body Workout (Studio)			

Classes will not run on April 15-16, 2022 and July 1-2, 2022. Schedule is subject to change.

All Group Fitness Classes are now included in your Y membership. Session registration is now required for all Group Fitness classes (except Cyclefit, which can be booked weekly, in person or by phone). To learn more about registering for Group Fitness Classes visit ymcaywca.ca. Group Fitness Classes welcome members 13 years and over.

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Class Descriptions

Aquafit

A general water fitness class designed as a medium intensity total body workout, providing a balance of cardiovascular and muscular strength training. Easy to follow choreography with lots of options for intensity. Classes can be held in deep or shallow water.

Core Conditioning

Abs, back, hips, glutes – this class is all about functional training. Condition your core to work for you with a series of muscle strengthening exercises focusing on your core.

Cyclefit

Get your legs pumping with this indoor cycling class set to energetic music. An instructor will lead the class through an aerobic and anaerobic workout on stationary bikes, simulating hills and valleys and incorporating timed athletic drills.

HIIT

High Intensity Interval Training – This High intensity workout provides both cardiovascular and strength challenges by alternating short periods of intense exercise with recovery periods. Push yourself as hard as you can for a short interval, then move gently for the next interval. This method reaps maximum gain with maximum efficiency. Make the most of your workout time with HIIT!

Total Body Workout

Warm Up, Cardiovascular Conditioning, Resistance Training for the whole body topped off by flexibility training; this class covers it all.

Weight Training For Seniors

A group training class targeted to those over 55. Join our certified Personal Trainer for a session on the Conditioning Floor where you'll learn to use a variety of our state of the art equipment to train muscle strength and endurance. Paired with some time on our cardiovascular equipment, this class will help maximize function and form for improved daily activity, health and longevity.

Yoga

Move your body through a series of postures designed to increase flexibility, strength, balance and range of motion. Restorative breathing exercises & a final relaxation will promote stress reduction & mental clarity.

Young at Heart ●

Resistance training increases muscle strength, bone density and stamina at all ages. The exercises in this class are designed to enhance the ability of the participant to perform routine daily tasks and to improve posture and balance. All ages and abilities welcome.

Young at Heart Yoga ●

Enjoy gentle stretching as you move through a series of gentle seated and standing poses designed to increase flexibility, balance and range of motion. Movements will help you develop core strength and improve posture.

Zumba

A fusion of Latin and international music dance themes creating a dynamic and effective fitness workout. A one of a kind workout moving you in ways you never imagined!