



# Group Fitness Class Schedule

July 4 – September 2, 2022

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15AM - 8:00AM Total Body Workout (Studio B)		7:15AM - 8:00AM Step (Studio B)		7:15AM - 8:00AM HIIT (Studio B)		CLOSED
9:00AM - 9:45AM Young at Heart (Studio B)	9:00AM - 9:45AM Core Conditioning (Studio B)	9:00AM - 9:45AM Young at Heart (Studio B)	9:00AM - 9:45AM Zumba (Studio B)	9:00AM - 9:45AM Young at Heart (Studio B)		
9:45AM - 10:30AM Aqua Fit (Pool)	9:45AM - 10:30AM Aqua Fit (Pool)		9:45AM - 10:30AM Aqua Fit (Pool)			
	10:00AM - 10:45AM Young at Heart - 'Fun Camp' (Studio B)		10:00AM - 10:45AM Young at Heart - 'Fun Camp' (Studio B)			
5:45PM - 6:30PM Zumba (Studio B)	5:45PM - 6:30PM Total Body Workout (Studio B)	5:45PM - 6:30PM Zumba Tone (Studio B)	5:45PM - 6:30PM Total Body Workout (Studio B)			
		6:45PM - 7:30PM Yoga (Studio B)				

Schedule is subject to change.

**All Group Fitness Classes are now included in your Y membership.** For our Summer session, unlimited group fitness classes are bookable daily, and/or up to one week in advance. To learn more about reserving your spot in Group Fitness Classes, visit [ymcaywca.ca/schedules](http://ymcaywca.ca/schedules). Group Fitness Classes welcome members 13 years and over.

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## Class Descriptions

### **Aqua Fit**

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.

### **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!

### **Step**

Enjoy the rhythmic patterns and workout benefits of stepping up and down on the step platform to music. Before you know it, the class is over and you've challenged your heart, lungs, legs and mind.

### **Total Body Workout**

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

### **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/Young at Heart 'Fun Camp' ●**

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. / An all round fitness class in a circuit or 'military style' format open to all ages and fitness levels.

### **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!

### **Zumba Tone**

Zumba Tone combines body-sculpting exercises and high-energy cardio work infused with Zumba moves to create a calorie-torching, strength-training fitness party.