



# 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
8:00AM - 9:00AM Yoga (Studio)				8:00AM - 8:45AM Total Body Workout (Studio)		<b>CLOSED</b>
	9:30AM - 10:15AM Core Conditioning (Studio)		9:30AM - 10:30AM Yoga (Studio)	9:15AM - 10:15AM Yoga (Studio)	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 (Studio)		10:00AM - 10:45AM Young at Heart Cardio (Studio)		10:20AM - 11:05AM Young at Heart Strength (Studio)	10:15AM - 11:00AM Cyclefit (Studio)	
	10:30AM – 11:30AM Yoga (Studio)		10:45AM - 11:45AM Yoga (Studio)			
	6:00PM - 6:45PM Cyclefit (Studio)	5:45PM - 6:45PM Yoga (Conference Room)	6:00PM - 6:45PM Cyclefit (Studio)			
		7:00PM - 7:45PM Zumba Tone (Studio)	7:00PM - 7:45PM Total Body Workout (Studio)			

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

### **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.

### **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 ●**

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 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.