



# Group Fitness Class Schedule

September 6 to December 18, 2022

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00AM - 9:00AM Yoga (Conference Room)		8:00AM - 8:45AM Zumba (Studio)		8:00AM - 8:45AM Total Body Workout (Studio)		
	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)	9:15AM - 10:00AM Cyclefit (Studio)
9:45AM - 10:30AM Aqua Fit (Pool) <i>Starts week of Sep. 19</i>		9:45AM - 10:30AM Aqua Fit (Pool) <i>Starts week of Sep. 19</i>		9:45AM - 10:30AM Aqua Fit (Pool) <i>Starts week of Sep. 19</i>		
10:00AM - 11:00AM Young at Heart Yoga (Conference Room)	10:00AM – 11:00AM Functional Fitness Training (Conditioning Floor)	10:00AM - 11:00AM Young at Heart Cardio (Studio)	10:00AM - 11:00AM Functional Fitness Training (Conditioning Floor)	10:00AM - 11:00AM Young at Heart Strength (Studio)	10:15AM - 11:15AM Yoga (Conference Room)	
	10:30AM - 11:30AM Yoga (Conference Room)				10:30AM - 11:15AM Cyclefit (Studio)	
	10:45AM - 11:45AM Young at Heart Cyclefit (Studio)	10:45AM - 11:45AM Yoga (Conference Room)	10:45AM - 11:45AM Young at Heart Cardio (Studio)			
5:45PM - 6:45PM Yoga (Conference Room)	6:00PM - 6:45PM Cyclefit (Studio)	5:45PM - 6:30PM Zumba (Studio)				
	7:00PM - 7:45PM Zumba Gold (Studio)	6:45PM - 7:45PM Yoga (Conference Room)	6:00PM - 6:45PM Cyclefit (Studio)			

Schedule is subject to change.

**All Group Fitness Classes are included in your Y membership.** Session registration is required for all classes except Cyclefit, which can be booked weekly, in person or by phone. To learn more about reserving your spot, 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.

### **Functional Fitness Training**

A group training class targeted to those 55Y+. 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.

### **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 Cardio ●**

An easy to follow, moderate intensity fitness cardio class. Classes will include exercises for improving strength, balance, cardiovascular fitness and flexibility.

### **Young at Heart Cyclefit ●**

An instructor will lead the class through an aerobic and anaerobic workout on stationary bikes, simulating hills and valleys and incorporating timed athletic drills. This class is targeted to beginners and those wishing to work at a more gradual pace

### **Young at Heart Strength ●**

Weight 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.

### **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!

### **Zumba Gold**

This class recreates the original Zumba moves you love at a lower-intensity. Come enjoy easy-to-follow choreography while focusing on balance, coordination, agility and range of motion.