



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
7:00AM - 7:45AM Total Body Workout (Studio B)	8:00AM - 8:45AM Core Conditioning (Studio B)	7:00AM - 7:45AM Step (Studio B)	8:00AM - 8:45AM Cyclefit (Studio B)	7:00AM - 7:45AM HIIT (Studio B)		
8:45AM - 9:45AM Young at Heart (Studio B)	9:00AM - 9:45AM Zumba (Studio B)	8:45AM - 9:45AM Young at Heart (Studio B)		8:45AM - 9:45AM Young at Heart (Studio B)		
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 - 10:45AM Young at Heart - 'Fun Camp' (Studio B)		10:00AM - 10:45AM Young at Heart - 'Fun Camp' (Studio B)	10:00AM - 10:45AM HIIT (Studio B)	11:00AM - 12:00PM Yoga (Studio B)	10:30AM - 11:15AM Aquafit (Pool) <i>Starts week of Sep. 19</i>
	12:00PM - 12:45PM Cyclefit (Studio A)		12:00PM - 12:45PM Core Conditioning (Studio B)			
5:45PM - 6:30PM Zumba (Studio B)	5:15PM - 6:00PM Aqua Fit (Pool) <i>Starts week of Sep. 19</i>		5:15PM - 6:00PM Aqua Fit (Pool) <i>Starts week of Sep. 19</i>			
6:45PM - 7:45PM Yoga (Studio A)	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 Zumba (Studio B)	6:45PM - 7:45PM Yoga (Studio B)				

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. 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.

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!

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.