



Fitness & Wellness

Winter 2012

GROUP FITNESS CLASSES

CLASS SCHEDULE IN EFFECT JANUARY 3 - MARCH 28

**SUBJECT TO CHANGE WITH NOTICE*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Zumba Circuit 9:00 - 10:00 am		TYZ 9:00 - 10:00 am		Zumba Plus 9:00 - 10:00 am
Walk Fit 10:30 - 11:30 am		Walk Fit 10:30 - 11:30 am		Women & Weights 10:30 - 11:30 am
	Circuit 12:10 - 12:50 pm		Bootcamp 12:10 - 12:50 pm	
TMC 6:00 - 7:00 pm	Yoga 6:00 - 7:00 pm	Circuit 6:00 - 7:00 pm	Abs, Glutes & Legs 6:00 - 6:45 pm	
Beginner Line Dancing 7:00 - 8:00 pm	TYZ 7:00 - 8:00 pm	Advanced Line Dancing 7:30 - 9:00 pm	Zumba 7:00 - 8:00 pm	
Intermediate Line Dancing 8:00 - 9:00 pm	Men's Basketball 8:15 - 9:45 pm		Yoga 8:00 - 9:00 pm	

GROUP CYCLING

Monday	Tuesday	Wednesday	Thursday	Friday
12:10 - 12:50 pm	8:30 - 9:30 am	12:10 - 12:50 pm	8:30 - 9:30 am	
	7:00 - 8:00 pm		7:00 - 8:00 pm	

AQUA FITNESS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Shallow 9:00- 10:00	Shallow 10:00- 11:00	Shallow 9:00- 10:00	Shallow 10:00-11:00	Shallow 9:00- 10:00
Evening	Shallow 7:30- 8:30	Shallow 7:30- 8:30	Circuit 7:30- 8:30	Deep 7:30- 8:30	

Building healthy communities

Fitness Class Descriptions

Zumba Plus

This class combines the fun and excitement of calorie burning zumba with the strength building of resistance work. Class design allows cardio first, followed by muscle conditioning.

Yoga

A beginner / intermediate class that blends physical activity and stretching where each individual moves at his / her own pace. Helps build greater strength and flexibility as it reduces stress and nourishes the soul.

TYZ (Tone Your Zone)

This is a combination of cardio and resistance intervals. Your instructor will do a total body class using hand weights, steps, skipping ropes, body bars, resistance tubing and stability balls.

Bodyworks

A total muscle conditioning class using weights, bars, resistance tubing, mats and / or stability balls.

Zumba

Inspired by Latin International dance, this is a great cardio fitness class with a focus on fun and sweating. Zumba is a very dynamic and exciting class full of Latin and exotic music flavors.

TMC

This total muscle conditioning class uses various equipment to sculpt muscles and increase strength.

Walkfit

A program that incorporates an upper and lower body workout while walking.

Circuit

A fast paced class involving a mixture of cardio and strength training stations. Equipment could include steps, skipping ropes, resistance tubing, weights, bars, stability balls and agility ladders.

Women & Weights

An opportunity for women to learn proper strength training techniques in a group setting. Uses a variety of equipment.

Abs/Glutes/Legs

Sculpt your lower body & core by using hand weights, steps, body bars, resistance tubing, and stability balls.

Zumba Circuit

This circuit style class offers the best of both worlds.

Participants experience the fun of zumba mixed with strength and conditioning stations.

Bootcamp

If you are looking for a class that is filled with challenges, intensity and fulfillment, then this is for you. This class uses a variety of equipment to build strength, endurance and power. Includes cardio and muscle conditioning.

AQUATIC FITNESS CLASS DESCRIPTIONS

Shallow & Deep

Cardio and conditioning that will increase strength and endurance while minimizing the impact on the joints. Deep water participants must be comfortable in deep water without a floatation device.

Circuit

Class taught with different stations spread over shallow and deep end of pool. Work-out combines cardio and strength training.

Teen Weight Training (Ages 13-15)

Help your teen get on the fast track to being active with our 6 week teen weight training course.

January 29-March 4, 2012

Sundays 4pm-6pm

Women and Weight Training

This is an introductory program for women who would like to know the basics of how to use both the YMCA cardio room and cross training center under supervision of YMCA staff. Designed to make "new to exercise" users feel more comfortable and confident when using the YMCA.

Registration is required.

January 29-March 4, 2012

Sundays 1pm-2pm

Fitness Centre Etiquette

Cardio equipment has to be signed up for and no one should go over their scheduled 20 minute time.

Be respectful of other members and wipe down the machines after each use.

Free weights should be returned to their stands after use.

Cardio and weight room access is for individuals 16 years of age and older. Ages 13-15 can access these rooms ONLY upon completion of the Teen Weight Training Course.

Please LOCK all personal items in a locker. No gym bags, purses, etc. are permitted in the Cardio and CTC rooms.

Appropriate exercise clothing and footwear must be worn at all times. No street wear please. Sandals are not permitted - clean and dry walking or running shoes only.

Food and beverages (other than water bottles) are not permitted in the Cardio and CTC rooms.

Please do not rest on equipment for extended periods of time between sets. This will allow others to use the equipment.

Respect the guidance of CTC staff and volunteers.

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