



# Fitness Winter 2022

## Group Fitness Classes

Members: Free

Drop In Rate: \$7.39+hst (Photo ID & Vaxx Pass Required)

Schedule in effect January 3 – June 17, 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Interval Mix</b> 9:00 - 10:00 am	<b>Interval Mix</b> 9:00 - 10:00 am	<b>Interval Mix</b> 9:00 - 10:00 am	
<b>Walk Fit</b> 10:00 - 11:00 am				<b>Low Impact Interval Mix</b> 10:00 - 11:00 am
<b>Suspension Training *</b> 12:10 - 12:50 pm <i>*sign up required</i>	<b>Cycling</b> 12:10 - 12:50 pm <i>*sign up required</i>	<b>Beginner Yoga</b> 12:10 - 12:50 pm	<b>Cycling</b> 12:10 - 12:50 pm <i>*sign up required</i>	<b>Suspension Training *</b> 12:10 - 12:50 pm <i>*sign up required</i>
		<b>Chair Yoga</b> 1:30-2:30pm		
<b>Interval Mix</b> 6:00 - 6:45pm	<b>Yoga</b> 6:00 - 6:45 pm	<b>Boot Camp</b> 6:00 - 6:45 pm	<b>Yoga</b> 6:00 - 6:45 pm	
<b>Turn Up Dance Fitness</b> 7:00pm-8:00pm		<b>Line Dancing</b> 7:00 - 8:00 pm		
	<b>Adult Basketball</b> 8:30 - 9:30 pm		<b>Adult Basketball</b> 8:30 - 9:30 pm	

## Aqua Fitness Classes

Monday	Tuesday	Wednesday	Thursday	Friday
Shallow 9:00- 9:45 am		Shallow 9:00- 9:45 am		Shallow 9:00- 9:45 am
	Shallow 10:00- 10:45 am		Shallow 10:00-10:45am	
	Shallow 7:30- 8:15 pm		Shallow 7:30- 8:15 pm	

*\*Please call 489-9622 to sign up for Cycling & Suspension Training classes*

## **Fitness Class Descriptions**

**Walkfit:** A long standing YMCA favourite is returning. A class that incorporates both an upper and lower body workout while walking. This is a low impact class that is fun for all fitness levels. No floor component in this class.

**Low Impact Intervals:** This class will combine low impact and “No Bounce” cardio segments with muscle toning and strengthening exercises. A variety of equipment will be used but the class will not include any floor exercises.

**Bootcamp:** This class is filled with challenge, intensity and fulfillment. Participants use a variety of equipment to build strength, endurance and power. Includes both cardio and muscle conditioning segments.

**Cycling:** Build strength, improve cardiovascular endurance and burn calories like crazy in this athletic workout. Our fitness instructor will challenge you with multi-level and intense intervals on a specialized stationary bike.

**Yoga:** A class designed to target a wide range of abilities in this class to build greater strength and flexibility while reducing stress.

**Yoga from a Chair:** is a gentle form of yoga that can be performed while sitting or using the chair for mobility. While geared toward people with mobility concerns, this class can be attended by anyone who is new to yoga or exercise.

**Interval Mix:** This class will combine both cardio and resistance intervals. Your instructor will do a total body class that may include a variety of equipment, including dumbbells, body bars, steps, skipping ropes, resistance tubing or stability balls.

**Suspension Training:** The YMCA is once again offering the opportunity to add another level of intensity to your resistance workout with “Lifeline Jungle Gym XT” equipment. Come learn about this challenging workout in a small class setting.

**Turn Up Dance Fitness:** Turn Up is a high energy class that combines choreographed dancing with elements of fitness (HIIT, toning, and active recovery). Turn Up pulls from all genres of music, and is sure to have you burning fat, building muscle, boosting your metabolism and most of all - having fun!

## **AQUATIC FITNESS CLASS DESCRIPTION**

### **Shallow Water Aqua Fit**

Cardio and conditioning that will increase strength and endurance while minimizing the impact on the joints.

### **Teen Weight Training (Ages 13-15)**

The YMCA is offering Teen Weight Training Orientations in a one on one format, in lieu of a small group. This orientation is still a requirement for those members ages 13-15 to access the CTC area. Course content will remain the same with an oral quiz replacing the previous written quiz. Appointments will be scheduled around peak usage times. Please contact the Membership Services Desk for more information on scheduling an appointment and picking up a Teen Weight Training Manual.

*Building healthy  
communities*