



Winter Group Fitness Schedule

January 7 - April 21, 2019

GROUP EXERCISE SCHEDULE

***Registered Programs**
 Start the week of Jan 14
 Members Only (no fee) / Non Members: \$144.00

***H.I.I.T.**
 Non Members: \$144.00
 Mondays, 5:45pm-6:15pm
 OR 6:15pm-6:45pm
 Jan 14-Apr 15

***Youth H.I.I.T. (10+)**
 Mondays, 5:00pm-5:45pm
 OR 6:45pm-7:30pm
 Jan 14-Apr 15

Wednesdays, 6:45pm-7:30pm
 Jan 16-Apr 17

Fridays, 6:30pm-7:15pm
 Jan 18-Apr 19
 Members Only (no fee)

***Run club**
 Non Members: \$144.00
 Tuesdays or Thursdays
 6:30pm-7:30pm
 Jan 15 to Apr 18

***GROUP GROW (10+)**
 Thursdays 5:45pm-6:45pm
 Jan 17-Apr 18
 Members Only (no fee)

STUDIO A	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15am-9:15am	ACTIVE	ACTIVE AGERS 8:30am-9:15am	ACTIVE	ACTIVE AGERS 8:30am-9:15am	POWER		
9:30am-10:30am	POWER	ACTIVE	CYCLING CORE	POWER	ACTIVE	BLAST 9:00am-10:00am	FAMILY YOGA 9:15-10:15am
10:00am-11:00am				CORE 10:30am-11:00am		POWER	ACTIVE 10:15am-11:15am
11:00am-11:45am	AGELESS GRACE	CHAIR YOGA			CHAIR YOGA 10:45am-11:30am		
5:30pm-6:30pm	BLAST	ACTIVE		POWER			
6:30pm-7:30pm	POWER	CORE 6:30pm-7:00pm	H.I.I.T. BOOTCAMP 6:00pm-7:00pm (second floor)	ACTIVE	BOX FIT H.I.I.T 6:00pm-7:00pm		
7:30pm-8:30pm	YOGA 7:30pm-8:45pm	TRX 7:00pm-7:45pm		YOGA			

SECOND FLOOR	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A.M.			*H.I.I.T. 10:30am-11:00am				
P.M.	*YOUTH H.I.I.T. (10+) 5:00pm-5:45pm						
	*H.I.I.T. 5:45pm-6:15pm *H.I.I.T. 6:15pm-6:45pm		H.I.I.T. BOOTCAMP 6:00pm-7:00pm	*GROUP GROW (10+) 5:45pm-6:45pm	*YOUTH H.I.I.T. (10+) 6:30pm-7:15pm		
	*YOUTH H.I.I.T. (10+) 6:45pm-7:30pm	*RUN CLUB 6:30pm-7:30pm	*YOUTH H.I.I.T. (10+) 6:45pm-7:30pm	*RUN CLUB 6:30pm-7:30pm			

GYM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15am-9:15am				PICKLEBALL			
9:30am-10:45am		YOGA		YOGA			
1:00pm-3:00pm	PICKLEBALL		PICKLEBALL				

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Put a better you in motion. It's your time to thrive. Ythrive.me

Bob Hayward
YMCA

* registration required
**fees & registration required

POOL	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am-7:45am		AQUAFIT		AQUAFIT			
8:30am-9:15am	AQUAFIT		AQUAFIT		AQUAFIT	AQUAFIT	
9:30am-10:15am	AQUAFIT	AQUAFIT	AQUAFIT	AQUAFIT	AQUAFIT		AQUAFIT 9:15am-10:00am
11:45am-12:30pm	GENTLE JOINTS	STRENGTH, TONE & BALANCE 3:30pm-4:15pm	GENTLE JOINTS	STRENGTH, TONE & BALANCE 3:30pm-4:15pm	GENTLE JOINTS		
7:30pm-8:15pm	AQUAFIT		AQUAFIT		AQUAFIT		

Active Agers

Join us for this new fun and informative program designed specifically for those 50 plus. Cardio, resistance, stretching and balancing components will be included. The program will be designed to meet the needs and abilities of the participants in a supportive and motivational atmosphere.

Ageless Grace

Ageless Grace is a cutting-edge brain fitness program based on neuroplasticity that activates all 5 functions of the brain - analytical, strategic, kinesthetic learning, memory/recall, creativity and imagination - and simultaneously addresses all 21 physical skills needed for lifelong optimal function. The program consists of 21 simple exercise tools designed for all ages and abilities. These exercises, based on everyday movements that are natural and organic, focus on the healthy longevity of the body and mind.

Aquafit

This class is a combined shallow and deep aquafit, which will be led in the large pool. Participants are encouraged to stay at a depth which they feel comfortable exercising in.

Boot Camp

Ready to work hard, look and feel your best? Join our Boot Camp, a circuit consisting of cardio and weights to assist you in shaping your body!

Box Fit H.I.I.T.

Ready to work hard, look and feel your best? Join our Box Fit H.I.I.T. class. A form of interval training alternating short periods of intense anaerobic exercise while combining strength and real boxing technique.

You'll feel like a warrior with every punch, and improve your athletic capacity and overall condition.

Family Yoga

Techniques focus on posture, breathing and meditation. Participants will gain strength and flexibility, while teaching mind and body relaxation. Participants are encouraged to bring their own yoga mats. Children ages 5-10 yrs old must be accompanied by a guardian over 13 yrs old.

Gentle Joints

This is ideal for those looking for a modified or moderate workout. This class is offered in both the shallow end and deep end. Combining cardiovascular conditioning and a range of motion, many movements used in an Aquafit class are adapted to meet the needs of participants, with less intensity.

Group Active®

Get Active, and get more out of life! Group Active® gives you all the fitness training you need – cardio, strength, balance and flexibility – in just one hour. Get stronger, fitter and healthier with inspiring music, adjustable dumbbells, weight plates and simple athletic movements. Activate your life with Group Active!

Group Blast®

BLAST OFF your workout with 60 minutes of cardio training that uses the STEP in highly effective, athletic ways. Group Blast will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination and strength with exciting music and group energy. HAVE A BLAST!

Group Core®

Train like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, help prevent back pain, and give you ripped abs! Expert coaching and motivating music will guide you through functional and integrated exercises using your body weight, weight plates, a towel and a platform – all to challenge you like never before. HARD CORE!

Group Cycling

Cardiovascular workout guiding you through a variety of intense levels. Water bottle and towel required. Space is limited. Come join us.

Group Power®

Group Power® is Your Hour of Power! Blast all your muscles with this high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, Group Power combines squats, lunges, presses and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat and push you to a personal best! Power Up!

*H.I.I.T.

This 30 minute long registered program will take your workout to the next level. Use all of our functional equipment in a program that progresses every single week, so you are constantly challenging your body to get results. Everything from slam balls, suspension training, kettlebells, to battle ropes.... we have it all!

*Run club

The YMCA Run Club is for both those that want to learn the principles of running and those that already love running. We will meet twice a week, offering programs that will help you run your first 5K or improve your 10K time. You can register for one class or both classes.

Strength, Tone & Balance

This class helps condition and tone your heart, body, mind, and spirit with fun and fluid exercises that target muscles for endurance, strength, flexibility, range of motion and balance.

*YThrive Group grow

10-13 year olds who are looking to maintain a healthy weight, increase strength, endurance & flexibility, as well as meet new friends and have fun! All included in a Y Membership (no additional cost)!

Yoga

Combines focus on mindfulness, breathing and physical movements bringing health benefits with regular participation.

*Youth H.I.I.T. (age 10+)

This 45 minute long registered program will take youth workouts to the next level, coaching and assisting them with proper form. Use all of our functional equipment from Box jumps, TRXs, to battle ropes and our cardio equipment. We make it fun.

More information can be found at ymcawo.ca