






# YMCA Program Schedule - February

	Mon	Tue	Wed	Thu	Fri	Sat	
7:00am		returning Feb 14th Rise & Shine Yoga		returning Feb 14th Rise & Shine Yoga	 <p><b>ARE YOU READY to Unplug and ROCK OUT?</b> <b>ZUMBAAtomic</b> is coming to the Y! (for kids 6-12yrs)</p>		
8:00am				Cyclefit (8-9am) <b>NEW TIME!</b>			
9:00am	Zumba (with Liz)	Cycle/Pilates (9-10:30am)	Cardio Kickboxing	Total Body			Circuit Training
10:00am	Track Interval (on the track)	Women on Weights (fitness centre)	Gabby's Bootcamp	ABSolution			Tone & Stretch
11:00am	Tone & Stretch		Tone & Stretch	No Open Playground Feb 16/12 YMCA Peace Week	Preschool Tumblers	<p>Cyclefit (9:30-10:30am)</p> <p>ZUMBAAtomic (9:30-10:30am) <b>IN THE GYM!</b></p> <p>Zumba (10:30-11:30am) <b>IN THE GYM!</b></p> <p><b>NEW!</b></p>	
12:00pm		<b>Open Playground (12:30-3:30pm)</b>	Take our Teen Weight Training Course and learn proper Cardiovascular and Strength techniques. Then grab a workout partner and join us for Teen Power Hour!  	<b>Open Playground (12:30-3:30pm)</b>		<p><b>Make Fitness Family Time!</b> Bring your kids along to these great new programs!</p> <p><b>PRESCHOOL</b> (3-5 yrs) Preschool Smorgasports Preschool Tumblers *Preschool Fun Factory (February 14th 1-2pm)</p> <p><b>CHILDREN</b> (6-12 yrs) Fit Kids ZUMBAAtomic Kids Club</p> <p><b>YOUTH</b> (13-17 yrs) *Teen Weight Training (February 10/24) Teen Power Hour</p>	
1:00pm	Preschool Smorgasports				Teen Power Hour		
2:00pm							
3:00pm						<p>School's out - Come to the Y for active fun</p>	
4:00pm	Teen Power Hour		Teen Power Hour			<p>Kid's Club <b>FEBRUARY 3/17th 3:30-5pm</b></p>	
5:00pm	<p><b>PROGRAM CHANGE ALERT!</b> Kids Yoga will <i>not</i> be offered in February due to a lack of an instructor. Please be assured we are working to offer this class as soon as we are able. In the meantime, we invite members to continue bringing children to the same time slot. A fitness instructor will create a tone &amp; stretch program, similar to yoga.</p>						
6:00pm	Muscle Attack  Fit Kids	Cardio & Strength	Total Body	Zumba (with Liz)  Fit Kids	 <p>“True enjoyment comes from activity of the mind and exercise of the body; the two are ever united” -Karl Wilhelm von Humboldt</p>		
7:00pm	Combat!	Hatha Yoga	Zumba (with Emma)	Hatha Yoga			
8:00pm		returning Feb 14th Meditation Yoga	Terry's Bootcamp <b>NEW DAY!</b>	<p>February 14th - <b>CELEBRATE YOUR LOVED ONES</b> Commit to a healthy lifestyle with a partner and enter to win a Dinner and a Movie!</p>			

## Try a YMCA Fitness Program - they're included with your membership!

### DROP IN FITNESS PROGRAMS

#### **ABSolution**

This class begins with a cardio component, followed by a total body conditioning workout, focusing on core activation and training using a stability ball. At the end of this 45-minute class, you'll also walk away with a healthy recipe for the week!

#### **Cardio Kickboxing**

A combination class of martial-arts inspired kicking and boxing with upbeat music for a high energy workout.

#### **Cardio & Strength Infusion**

Want to feel invigorated and strong? Come join the fun with challenging bike intervals, combined with great strength moves.

#### **Circuit Training**

Enjoy a great workout using a variety of equipment. Circuit training includes cardio intervals between muscle strengthening exercises. Great calorie burner while toning your body!

#### **Combat**

Hardcore fusion of mixed martial arts, karate, muay thai, kickboxing and boxing. High intensity - great rewards. Suitable for all fitness

#### **Cyclefit**

Kick your workout up a notch with this fusion of indoor cycling and boot camp style drills. Guaranteed to jumpstart your weekend with

#### **Cycle/Pilates**

Ramp up your day with these two classic favourites, start with spinning your wheels and finish with Pilates! Or just join us for pilates at

#### **Gabby's Boot Camp**

An intense boot camp workout that will push you out of your comfort zone and into your fat burning zone. Be prepared for a hardcore session of sweat. Gabby will challenge you to keep up with every drill.

#### **Muscle Attack**

This low impact workout will train every muscle with fun and challenging moves. Using dumbbells, body bars and your body weight, you work at your own pace and challenge yourself to improve each class.

#### **Terry's Boot Camp**

Challenge this high-intensity results-oriented class. Test your muscle endurance, strength and most of all - your determination.

#### **Tone & Stretch**

Low impact cardio and muscle conditioning...just like in the pool but without the water!

#### **Total Body**

Strengthen and tone major muscle groups in this energizing class. Challenge yourself at your own level.

#### **Track Interval**

Join us in the fitness center on the cushioned track. Muscle toning & strengthening exercises for the entire body mixed with cardio drills. We'll keep you moving while improving your strength, coordination & overall fitness.

#### **Women on Weights**

Want to be confident using weights? Learn proper body alignment and get great advice from a certified fitness instructor. Experience new ways to tone and train your muscles in a fun, relaxed atmosphere. Build some flex time in your day!

#### **Zumba!**

ZUMBA is a Latin-inspired dance fitness class that incorporates Latin and International music and dance into movements, creating a dynamic, exciting, exhilarating and effective fitness program. Zumba combines fast and slow rhythms that tone and sculpt the body using an aerobic/fitness approach to achieve a unique blended balance of cardio and muscle toning.

#### **Hatha Yoga**

Stress reducing postures, stretching, breathing and core strength. Exercises to strengthen the core while developing stability and control. Ohhhmmmm...

#### **Meditation Yoga**

Become a student of peace of mind and stress relief through the teachings of yoga. Please bring a cushion, blanket or mat.

#### **Rise 'n Shine Yoga**

Start your day the beneficial way - build a stronger body and a more agile mind.

#### **Preschool Smorgasports**

An introduction to sports for the youngest athletes! An all-you-can-play class including soccer, floor hockey, basketball and more.

#### **Preschool Tumblers**

Children will develop gross motor skills, balance and coordination using basic gym equipment and tumbling activities.

#### **ZUMBAatomic!**

An exhilarating workout designed specifically for kids minds and bodies - are you ready to Zumba?!

**Have you heard about our Member-get-a-Member program?**

**Refer a friend to the Y - earn your fees back!**

See the Member Services desk for details! *\*some restrictions apply*