





YMCA Program Schedule - January

	Mon	Tue	Wed	Thu	Fri	Sat
7:00am		Returning February Rise & Shine Yoga		Returning February Rise & Shine Yoga		
8:00am	DEMO WEEK: January 9-14th. Bring a buddy to try a class for Free! Classes resume January 3, 2012.			Cyclefit (8:15-9am)		
9:00am	Cardio Kickboxing	Cycle/Pilates (9-10:30am)	Zumba <i>(with Liz)</i>	Total Body	Circuit Training	Cyclefit (9:30-10:30am) Kudalini (in the studio)
10:00am	Track Interval (on the track)	Women on Weights (fitness centre)	Gabby's Bootcamp	ABSolution	Tone & Stretch	 <p>*YOGA* Kudalini Yoga (in the studio) Restorative Yoga</p> <p>*FITNESS* Combat! Women on Weights</p> <p>*CHILDREN* (6-12yrs) Yoga Kids (member only program)</p> <p>*YOUTH* Teen Power Hour</p> <p>*SPECIAL EVENTS* Preschool Fun Factory (Themed ages 3-5) Kids Club (ages 6-12yrs)</p>
11:00am	Tone & Stretch		Tone & Stretch		Preschool Tumblers	
12:00pm		Open Playground (12:30am-3:30pm)		Open Playground (12:30am-3:30pm)		
1:00pm	Preschool Smorgasports		<i>Winter Wonderland Preschool Fun Factory JANUARY 11th</i>		Teen Power Hour	
2:00pm						
3:00pm	Teen Power Hour	Get fit, achieve your goals and have fun by working out with a friend!	Teen Power Hour		Kid's Club JANUARY 13/20th 3:30-5pm	
4:00pm						
5:00pm	 <p>Now you can get your workout in and your kids can too! We are pleased to offer Kids Yoga in the Studio during the 6pm fitness class Mondays and Thursdays.</p> <p>Kidala Yoga (Kids) are fun filled yoga sessions specifically aimed for Children's developmental stages, growth and mental capacity. The lessons will explore postures and breathing.</p> <p>Program is for kids aged 6-12 years and included FREE with their membership!</p>					
6:00pm	Muscle Attack Yoga Kids	Cardio & Strength	Bootcamp	Zumba (w/Liz) Yoga Kids	<p>Happy New Year to all our members!</p> <p>Be always at war with your vices, at peace with your neighbors, and let each new year find you a better man. ~Benjamin Franklin</p>	
7:00pm	Zumba <i>(with Emma)</i>	Hatha Yoga	Combat!	Hatha Yoga		
8:00pm		Meditation Yoga	Restorative Yoga		Bootcamp	

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!

Boot Camp

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

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 levels.

Cyclefit

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

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 9:45am.

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.

Pure Cardio

Looking to release some endorphins then this is the class for you! Join us for a sweat fest of challenging high-intensity burn-fat-faster than traditional cardio.

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. Ohhhmmm...

Kudalini Yoga

Combining breathing techniques, exercises and meditation in a dynamic blend, this yoga focuses on health, peace of mind and overall well being.

Meditation Yoga

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

Restorative Yoga

Unwind your body in this slow, therapeutic class. Postures modified for those with injuries or to relax deeply after a long day.

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*