

# GROUP FITNESS

January 1 - June 17, 2012

## Group Fitness Classes

GROUP FITNESS CLASSES ARE LOCATED IN THE FITNESS STUDIO UNLESS OTHERWISE SPECIFIED.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	HOLIDAYS
	Cycling 6:30-7:15am		Cycling 6:30-7:15am				<p><b>No classes on the following dates:</b></p> <p>Christmas Eve Dec. 24, 2011</p> <p>Christmas Day CLOSED</p> <p>Boxing Day Dec. 26, 2011</p> <p>New Year's Eve Dec. 31, 2011</p> <p>New Year's Day Jan. 1, 2012</p> <p>Family Day Feb. 20, 2012</p> <p>Good Friday Apr. 6, 2012</p> <p>Victoria Day May 21, 2012</p>
Boot Camp 8:15-9:15am		Y Stretch 8:15-9:15am			Cycling 8:15-9:15am		
Zumba 9:30-10:30am	Muscle Works 9:30-10:30am	Step 9:30-10:30am	Fusion 9:30-10:30am	Cycling 9:30-10:30am	Equalizer 9:30-10:30am	Cycling 9:30-10:30am	
Fit Walk 10:30-11:15am <i>Track</i>		Fit Walk <b>NEW!</b> 10:30-11:15am <i>Track</i>		Zumba 10:35-11:35am	Y Stretch 10:35-11:35am		
Muscle Works 12:10-12:55pm	Cardio Challenge 12:10-12:55pm	Core Strength 12:10-12:55pm	Boot Camp 12:10-12:55pm				
	Core Strength 1:10-1:55pm		Muscle Works 1:10-1:55pm				
	Light & Lively 2:00-2:45pm		Y Stretch 2:00-2:45pm				
Fusion 4:15 - 5:10pm		Fun Fit 4:30-5:25pm (10-13 yrs)					
Cycling 5:15 - 5:55pm		Cycling 5:30-6:15pm					
Step 5:15-5:55pm Gym C	Boot camp 5:25-6:25pm	Equalizer 5:25-5:55pm Gym C	Boot Camp 5:25-5:55pm	Zumba 5:25-6:25pm			
Core Strength 6:00-6:25pm		Cardio Challenge 6:00-6:20pm Gym C	Muscle Works 6:00-6:30pm				
Zumba 6:30-7:25pm	Fusion 6:30-7:30pm	Step 6:30-7:25pm	Endurance Cycling 6:30-7:30/8:30pm <i>Starts Jan. 19</i>				
Y Stretch 7:30-8:30pm	Cycling 7:30-8:30pm	Zumba 7:30-8:30pm					

## Aqua Fitness Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	HOLIDAYS
Aquafit 8:30 - 9:30am <i>Lap Pool</i>	Gentle Aquafit 9:00 - 9:45am <i>Lap Pool</i>	Aquafit 8:30 - 9:30am <i>Lap Pool</i>	Gentle Aquafit 9:00 - 9:45am <i>Lap Pool</i>	Aquafit 8:30 - 9:30am <i>Lap Pool</i>			
Aquafit 11:00 - 12:00pm <i>Lap Pool</i>	Aquafit 11:00 - 12:00pm <i>Lap Pool</i>	Aquafit 11:00 - 12:00pm <i>Lap Pool</i>	Aquafit 11:00 - 12:00pm <i>Lap Pool</i>	Aquafit 11:00 - 12:00pm <i>Lap Pool</i>	Gentle Aquafit 10:45 - 11:30am <i>Lap Pool</i>		Aquafit 11:00 - 12:00pm <i>Lap Pool</i>
	Aquafit 7:00-8:00pm <i>Lap Pool</i>	Aquafit - Tether Deep 7:00-8:00pm <i>Lap Pool</i>	Aquafit 7:00-8:00pm <i>Lap Pool</i>				

## Group Fitness Descriptions

### Aquafit

Water aerobics to suit all individuals fitness levels with routines suitable for all levels of ability and intensity.

### Boot Camp

A cardio interval workout utilizing bands, weights, squats, lunges and plyometrics. A full body workout.

### Cardio Challenge

A multi level workout joining high intensity and low impact movement, ending with resistance and flexibility exercises. Suitable for all levels.

### Core Strength

This class provides core strengthening and stability exercises.

### Cycling

This exciting indoor class is a low impact workout that strengthens the muscles in the legs while burning calories & building stamina. Members only.

### Endurance Cycling

Indoor cycling to the max! This advanced class utilizes athletic drills and sprints for a great workout.

Thursday starting at 6:30pm

January 19 - March 8, 2011

Members only, Drop-In, No registration required

### Equalizer

A total body conditioning class consisting of a basic warm-up, agility, resistance and flexibility exercises.

### Fit Walk

Contains all components of fitness including a long warm-up, followed by muscular endurance and flexibility. Helps maintain bone density and reduce pain associated with arthritis.

### Fun Fit (Ages 10 - 13 years)

Get active with fun music and activities. Classes uses drums, balls, mats, trampolines and lots of other equipment to get active and have fun doing it.

### Fusion

60 minute class combining Yoga, Pilates and stretching exercises to enhance trunk stability, strength, balance and coordination.

### Gentle Aquafit

Water aerobic class introducing training in a gentle manner, shallow and deep.

### Light & Lively

Targets the beginner to older adult. Focuses on easy to follow low impact aerobics, muscle strengthening, balance and flexibility.

### Muscle Works

This non-cardiovascular class uses a variety of equipment to develop total muscular strength and endurance. Emphasis on proper execution of movements.

### Step

Powerful moves, hot choreography, followed by core and flexibility exercises.

### Y Stretch

Promotes muscle balance, flexibility, reduces tension, increases range of motion and helps prevent injury.

### Zumba

A Latin inspired, dance-fitness class that incorporates Latin and International music and dance movements, which creates a dynamic, exciting, and effective fitness system.

## Hours of Operation

### Regular Hours - Effective Sept 5 - June 17, 2012

Monday - Friday 5:00am - 10:00pm

Saturday 7:00am - 8:00pm

Sunday 8:00am - 6:00pm

Holidays 9:00am - 4:00pm

All program areas will close 15 minutes prior to facility closing.



**YMCA of Chatham-Kent**  
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As a charitable organization, the YMCA strives to serve all segments of the community, including those with limited financial means. Donors to the YMCA make it possible. To make a personal contribution to the growth, strength and impact of the YMCA in your community today, please contact your local YMCA.

If your current financial circumstances are limiting your ability to participate, financial assistance may be provided. Please contact us for more information. All inquiries will be held in strict confidence.