

GROUP FITNESS

January 1 - June 17, 2012

Group Fitness Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	HOLIDAY
Boot Camp 7:15 - 8:00am							No Classes Christmas Eve December 24, 2011 Christmas Day December 25, 2011 Boxing Day December 26, 2011 New Year's Eve December 31, 2011 New Year's Day January 1, 2012 Family Day February 20, 2012 Good Friday April 6, 2012 Victoria Day May 21, 2012 Modified Schedule Winter Break December 19, 2011 - January 8, 2012 March Break March 12 - 25, 2012
Step 9:00 - 10:00am	Interval Training 9:00 - 10:00am	Ball Workout 9:00 - 10:00am	Step 9:00 - 10:00am	Muscle Works 9:00 - 10:00am			
Definition Workout 10:15 - 11:00am		Definition Workout 10:15 - 11:00am		Definition Workout 10:15 - 11:00am	Cardio Challenge 8:30 - 9:30am	Meditation 10:30 - 11:30am (Starts Jan 22)	
Zumba Gold 11:15 - 12:00pm	Light & Lively 10:15 - 11:15am		Light & Lively 10:15 - 11:15am		Zumba 8:15 - 9:15am		
		Muscle Works 12:00 - 1:00pm	Boot Camp 4:15 - 5:00pm	Muscle Works 12:00 - 1:00pm			
Muscle Works 3:00 - 4:00pm			Cycling 7:00 - 8:00pm				
Step 6:00 - 7:00pm	Cycling 5:45 - 7:00pm	Turbo Kick 6:00 - 6:45pm					
Group Ride 7:15 - 8:15pm	Shinaido Ju Jutsu 8:00 - 9:30pm		Shinaido Ju Jutsu 7:00 - 8:30pm				

Aqua Fitness Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Aqua Zumba 8:30 - 9:15am				
Aquafit 9:30 - 10:15am	Gentle Aquafit 9:30 - 10:00am	Aquafit 9:30 - 10:15am	Gentle Aquafit 9:30 - 10:00am	Aquafit 9:30 - 10:15am	
	Aquafit 7:00 - 7:45pm		Aquafit 7:00 - 7:45pm	Deep Water Aquafit 10:30 - 11:15am	

Hours of Operation

Regular Hours - Effective Sept 6 - June 29, 2012

Monday - Friday	5:45am - 10:00pm
Saturday	6:45am - 8:00pm
Sunday	8:00am - 5:00pm
Holidays	9:00am - 4:00pm

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



Group Fitness Descriptions

Aquafit

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

Aqua Zumba®

Aqua Zumba® program gives new meaning to the idea of an invigorating workout. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

Ball Workout

Challenge your cardiovascular system while toning up your muscles during a full body conditioning class on an exercise ball.

Boot Camp

A cardio interval workout utilizing bands, weights, squats, lunges, plyometrics and sport style drills. 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.

Cycling

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

Deep Water Aquafit

A challenging, non-impact program conducted in deep water. Participants should be comfortable in deep water. Bouyancy belts will be provided.

Definition Workout

A 45 minute sculpting class utilizing free weights and body weights while targeting specific muscle groups.

Gentle Aquafit

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

Group Ride

Group Ride allows you to control your own pace, and is geared for anyone that can ride a bike. Now, beginners to avid cyclists can benefit from the group dynamics without the stress of competitive pressure.

Interval Training

A combination of low impact muscle conditioning with high energy cardio segments. Define your body by creating both muscular strength and cardiovascular endurance. An all-over body workout.

Light & Lively

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

Meditation

Shaja Meditation Yoga is the state of self-realization and accompanied by the experience of thoughtless awareness or mental silence. The movement teaches that self realization through kundalini awakening is a transformation which results in a more moral, united, integrated and balanced personality.

Muscle Works

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

Shinaido Ju Jitsu (Ages 16+)

New members are welcome to train in this eclectic style of Ju Jitsu. Lessons are offered for beginners to the purple belt level. For more information please contact Jamie @ 519-524-6164 or Jeff @ 519-392-7022.

Step

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

TurboKick®

The hottest kickboxing class around! TurboKick is an addictive workout that combines athletic moves, kickboxing, and hip-hop flavor in a party atmosphere. TurboKick is an interval based class that allows participants of any fitness level to participate.

Zumba® Gold

Zumba® Gold was designed for the active older adult, the true beginner, and/or people who are not used to exercising, or people who may be limited physically. Zumba Gold is done at a much lower intensity. The same great Latin styles of music and dance are used and just as fun as the regular Zumba classes. Zumba® Gold classes strives to improve our balance, strength, flexibility and most importantly, the heart.



YMCA of Goderich-Huron
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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.