

GROUP FITNESS

January 1 - June 17, 2012

Group Fitness Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	HOLIDAY
Boot Camp 6:00 - 6:45am (Gym & Indoor Track)		Boot Camp 6:00 - 6:45am (Gym & Indoor Track)	Fit Walk 8:00 - 8:30am (Indoor Track)	Boot Camp 6:00 - 6:45am (Gym & Indoor Track)	Boot Camp 9:00 - 9:45am (Gym & Indoor Track)	Cycling 9:00-9:45am (Gym)	No Classes Christmas Eve December 24, 2011 Christmas Day December 25, 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
Muscle Works 9:00 - 9:45am (Gym)	10:00 - 10:45am (Gym) <i>(Open time slot for 6 week programs)</i>	Muscle Works 9:00 - 9:45am (Gym)	9:45 - 10:30am (Gym) <i>(Open time slot for 6 week programs)</i>	Y Stretch 9:00 - 9:45am (Gym)	Y Stretch 10:00 - 10:45am (Gym)	Zumba 10:00 - 11:00am (Gym)	
Core Strength 9:45 - 10:00 am (Gym)		Core Strength 9:45 - 10:00am (Gym)	Cycling 12:15 - 12:45pm (Gym)		Youth Circuit 1:00 - 1:30pm (Wellness Floor)	HEAT 12:00 - 1:00pm (Wellness Floor) Ages 12 - 15 yrs	
Boot Camp 6:00 - 7:00pm (Gym)		Boot Camp 5:30 - 6:30pm (Gym & Indoor Track)	Zumba 6:00 - 7:00pm (Gym)			Open Gym 1:00 - 4:00pm (Gym)	
Cycling 7:15 - 8:00pm (Gym)	Youth Circuit 6:30-7:30pm (Wellness Floor)	Y - Stretch 7:00 - 7:45pm (Gym)		Family Wellness 7:30 - 8:30pm (Wellness Floor)			

Please note: a minimum of 3 participants is required for a class to proceed.

Hours of Operation

Regular Hours - Effective Sept 6, 2011 - June 29, 2012

Monday - Friday 5:00am - 9:00pm
 Saturday 8:00am - 4:00pm
 Sunday 8:00am - 4:00pm
 Holidays 9:00am - 2:00pm

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



Group Fitness Descriptions

Boot Camp

A cardio interval workout utilizing bands, weights, squats, lunges, plyometrics and sport style drills; full body workout including abs.

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Core Strength

This class provides core strengthening and stability exercises.

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Cycling

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

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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.

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Muscle Works

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

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Y Stretch

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

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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.

Included in membership.

Non members must register for a 10 week session.

\$140 for 10 weeks. (applicable taxes extra)

See a staff member for session dates.

Benefits of Membership

As a member of the Lambton Shores YMCA, you are invited to enjoy a selection of group fitness classes at your convenience.

Try a Cycling Class, or perhaps some Boot Camp!

No extra fee. No registration required.



Volunteering at the YMCA

The YMCA believes people enrich their own lives when they enrich the lives of others. All YMCA efforts involve a partnership of volunteers and staff. *In 2010 a total of 700 people gave of their time and skills to the YMCA.* The role they play is essential to the success of the organization.

Please see Membership Services for more information and to receive an application.



Lambton Shores YMCA
B-7883 Amtelecom
Parkway, Box 4039
Forest, ON NON 1J0
519-786-9622
www.ymcaswo.ca

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.*