

# GROUP FITNESS

January 1 - June 17, 2012

## Group Fitness Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Sunday	HOLIDAY
Boot Camp 6:00 - 6:45am	Muscle Works 6:00 - 6:45am		Muscle Works 6:00 - 6:45am	Boot Camp 6:00 - 6:45am	Muscle Works 8:00 - 9:00am		<b>Instructor's Choice</b> 9:00 - 10:00am  <b>No Classes</b> <i>Christmas Eve</i> December 24, 2011 <i>Christmas Day</i> December 25, 2011 <i>New Year's Eve</i> December 31, 2011 <i>New Year's Day</i> January 1, 2012 <i>Family Day</i> February 20, 2012 <i>Good Friday</i> April 6, 2012 <i>Victoria Day</i> May 21, 2012
Cardio-Challenge 9:15 - 10:00am	Y Stretch 9:15 - 10:00 am	Cardio-Challenge 9:15 - 10:00am	Y Stretch 9:15 - 10:00 am		Boot Camp 9:00 - 10:00am	Youth Circuit 11:00 - 12:00pm	
Muscle Works 11:45am - 12:45pm	Boot Camp 11:45am - 12:45pm	Muscle Works 11:45am - 12:45pm	Boot Camp 11:45am - 12:45pm	Muscle Works 11:45am - 12:45pm	Y Stretch 10:00 - 11:00am		
Muscle Works 6:15 - 7:15pm	Cycling 6:15 - 7:00pm	Youth Circuit 6:15 - 7:00pm	Cardio Challenge 6:15 - 7:00pm			Family Wellness 1:00 - 2:00pm	
Y Stretch 7:15 - 8:00pm		Muscle Works 7:00 - 8:00pm	Zumba 7:00 - 8:00pm	Family Wellness 6:30 - 7:30pm			
		Y Stretch 8:00 - 8:45pm	Cycling 7:15 - 8:00pm				

Please note: a minimum of 5 participants is required for a class to proceed.

## Hours of Operation

### Regular Hours - Effective January 1 - June 29, 2012

Monday - Friday 6:00am - 1:00pm  
 3:00pm - 9:00pm  
 Saturday 8:00am - 12:00pm  
 Sunday 10:00am - 2:00pm  
 Holidays 9:00am - 1:00pm

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.

### 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.

### 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.

### Muscle Works

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

### 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.

*Included in membership.*

*Non members must register for a 10 week session. \$70 for 10 weeks. (applicable taxes extra)*

See a staff member for session dates.

## Benefits of Membership

As a member of the North Middlesex YMCA, you are invited to enjoy a selection of group fitness classes at your convenience. No extra fee. No registration required.



## Ailsa Craig Community Centre Classes

Classes are open to all members, at no extra fee, but are required to register for each Session. Non-members are required to register at a fee of \$55 plus HST for 8 weeks session at North Middlesex prior to class. We must have 5 participants registered to run a class.

### CARDIO CHALLENGE

**Tuesday Nights from 6:00pm – 6:45pm**

Session 1: January 3, 2012 to January 31, 2012

Session 2: February 7, 2012 to March 6, 2012

Session 3: March 13, 2012 to April 10, 2012

Session 4: April 17 to May 22, 2012 (no class on May 1, 2012)

### BOOT CAMP

**Wednesday Nights from 7:00 pm-8:00 pm**

Session 1: January 4, 2012 to February 1, 2012

Session 2: February 8, 2012 to March 7, 2012

Session 3: March 14, 2012 to April 11, 2012

Session 4: April 18 to May 16, 2012

### BOOT CAMP

**Sunday Mornings from 8:15am – 9:15am**

Session 1: January 8, 2012 to February 5, 2012

Session 2: February 12, 2012 to March 11, 2012

Session 3: March 18, 2012 to April 15, 2012

Session 4: April 22 to May 20, 2012



**North Middlesex YMCA**  
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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.