

GROUP FITNESS

January 9 - June 17, 2012

Group Fitness Classes

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | HOLIDAYS |
|---|--|---|--|------------------------------------|---------------------------------|---------------------------|---|
| Boot Camp 6:15 - 7:00am | Cycling 6:15 - 7:00am | Boot Camp 6:15 - 7:00am | Cycling 6:15 - 7:00am | | | | <p>Modified Schedule:</p> <p>Family Day Feb. 20, 2012</p> <p>Good Friday Apr. 6, 2012</p> <p>Victoria Day May 21, 2012</p> |
| Y Stretch 8:15 - 9:00am | Y Stretch 8:15 - 9:00am | Y Stretch 8:15 - 9:00am | Y Stretch 8:15 - 9:00am | Y Stretch 8:15 - 9:00am | | | |
| Fit Walk 8:30 - 9:25am | | Fit Walk 8:30 - 9:25am | Zumba 9:15 - 10:15am | Fit Walk 8:30 - 9:25am | Cycling 8:30 - 9:30am | | |
| Step 9:15 - 10:15am | Cardo Challenge 9:15 - 10:15am | | Cardo Challenge 9:15 - 10:15am | Step 9:15 - 10:30am | Step 9:00 - 10:15am | Cycling 9:00 - 10:00am | |
| Boot Camp 9:30 - 10:30am | Cycling 9:30 - 10:15am | Boot Camp 9:30 - 10:30am | Cycling 9:30 - 10:15am | Cardio Challenge 9:30 - 10:30am | | | |
| Cycling 9:30 - 10:15am | Gentle Yoga 10:30 - 11:30am | Cycling 9:30 - 10:15am | Muscle Works 10:15 - 11:15am | Cycling 9:30 - 10:15am | Muscle Works 10:20 - 11:20am | | |
| Zumba 10:15 - 11:15am | Muscle Works 12:00 - 1:00pm | Pilates 10:30 - 11:30am | Muscle Works 12:00 - 1:00pm | | | | |
| Pilates 4:30 - 5:30pm | Cardio Kick 5:30 - 6:30pm (Back Gym) | Youth Core 5:30 - 6:15pm | Gentle Yoga 11:30 - 12:30pm (Gym) | Yoga 5:00 - 6:00pm | | | |
| Endurance Cycle 4:30 - 5:45pm Jan 9 - Mar 5 | Step 5:30 - 6:30pm | Boot Camp 5:30 - 6:30pm (Gym) | Step 5:30 - 6:30pm | | | | |
| Muscle Works 5:30 - 6:45pm | Pilates 6:30 - 7:30pm | | Muscle Works 6:30 - 7:30pm | | | | |
| | | Core Strength & Stretch 7:00 - 8:00pm | | | | | |
| Cycling 7:00 - 8:00pm | Cycling 7:00 - 8:00pm Ends March 6 | Cycling 7:00 - 8:00pm | | | | | |
| Core Strength & Stretch 7:00 - 8:00pm | | | Endurance Cycle 7:00 - 8:00pm Jan 11 - Mar 8 | | | | |

Aqua Fitness Classes

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------------------------|----------------------------|-------------------------------------|----------------------------|----------------------------|
| Aquafit 10:30 - 11:15am | Aquafit 10:30 - 11:15am | Aquafit 10:30 - 11:15am | Aquafit 10:30 - 11:15am | Aquafit 10:30 - 11:15am |
| Gentle Aquafit 11:20am - 12:00pm | Aquafit 7:00 - 7:45pm | Gentle Aquafit 11:20am - 12:00pm | Aquafit 7:00 - 7:45pm | |

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, 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.

Cardio Kick - NEW!

This fun mix of kicking and punching movements is sure to be energizing! Minimal choreography makes it great for everyone.

Core Strength & Stretch

Core strengthening and stability exercises using a stability ball.

Cycling

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

Endurance Cycle

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

November 7, 2011 - March 11, 2012

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.

Gentle Aquafit

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

Gentle Yoga

If you suffer from arthritis, neck, back or any joint pain or fibromyalgia, this is the class for you. The series of exercises focus on pain management and the gentle increase of range of motion to your spine. Gentle yoga is modified to help people with the chronic injuries and illnesses. Regular practice of this yoga program can be beneficial for a range of specific conditions while helping you bring flexibility, fluid in your whole body.

Instructor: Pam Chin

January 10 - June 19, 2012

Muscle Works

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

Pilates

A way to improve your posture, align your body, gain strength and tone your muscles, utilizing the principles of core control, breathing and muscular integration.

Certified Instructor: Val Griffith

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.

Yoga

Energize, rejuvenate and strengthen yourself through Vinyasa Yoga. Relieve stress and create balance in your mind and body through exercises in breath control, stability, flexibility and alignment. Please bring a mat.

Certified Instructor: Leslie Pullen

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 29, 2012

| | |
|-----------------|------------------|
| Monday - Friday | 5:00am - 10:00pm |
| Saturday | 7:00am - 8:00pm |
| Sunday | 8:00am - 8:00pm |
| Holidays | 9:00am - 4:00pm |

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



YMCA of Sarnia-Lambton

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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.