



# North Bay YMCA

## Adult Fitness Schedule

May 22 - Sept 16, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00 – 6:45 Cycling	6:00 – 6:45 Bootcamp	6:00 – 6:45 Cycling			
★ 8:00 - 8:45 Aqua Combo	★ 8:00 - 8:45 Aqua Running	★ 8:00 - 8:45 Aqua Combo	★ 8:00 - 8:45 Aqua Running	★ 8:00 - 8:45 Aquatic Resistance Training	8:00 – 8:45 Cycling	
9:15 – 10:00 TRX	9:15 – 10:00 H.I.I.T.	9:15 – 10:00 Circuit Training	9:15 – 10:00 Dynamic Boxing			
11:00 – 12:00 Easy Fit		11:00 – 12:00 Easy Fit	11:00 – 12:00 Gentle Yoga	11:00 – 12:00 Easy Fit		
	📅 12:30 – 1:15 Hydrotherapy		📅 12:30 – 1:15 Hydrotherapy			
12:10 – 12:50 Cycling	12:10 – 12:50 Functional Fitness	12:10 – 12:50 Cycling		12:10 – 12:50 Cycling		
★ 2:00 - 2:45 Aqua Fit	2:15 – 3:00 TRX	★ 2:00 - 2:45 Aqua Romba	2:15 – 3:00 TRX	★ 2:00 - 2:45 Aqua Fit		
4:55 – 5:25 Total Core		4:30 – 5:15 TRX			<p style="text-align: center;"><b>Personal Training</b></p> <p>Do you need extra motivation to work out? If so, check out our Personal Training packages. A certified trainer will work with you to set goals and help you achieve those goals in a safe and timely manner. Inquire at Membership Services.</p> <p style="text-align: center;"><b>Child Minding</b></p> <p>This complimentary service is offered to our members to provide caregivers with an opportunity to drop off a child for supervised fun and games. Children 6 months to 6 years are welcome. Maximum time of 90 minutes. Caregivers must remain at the YMCA. Child Minding Summer Schedule: Monday – Saturday 9:00am – 12:00pm</p>	
5:30 – 6:15 H.I.I.T.	5:30 – 6:15 Functional Fitness	5:30 – 6:15 Boot Camp	5:30 – 6:15 Strength Conditioning			
	★ 7:15 - 8:00 Aqua Bootcamp		★ 7:15 - 8:00 H.I.I.T. H2O			

★ Aquafitness    📅 Registration Required



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### **DROP-IN FITNESS CLASSES**

**Bootcamp** - Push yourself with this endurance-based conditioning workout.

**Cycling** - An energetic cardio-based class designed to increase endurance and build lean muscle, resulting in an increased metabolism to burn calories.

**Circuit Training** - Do you want a class that helps you hit your fitness goals, by improving muscle strength, cardiovascular endurance and balance, then come experience CIRCUIT TRAINING. A series of exercises back to back, combining strength training and aerobic conditioning in one full-body workout.

**Dynamic Boxing** - Work out using boxing-based exercises to get your heart rate up, jump start your metabolism and challenge your core.

**Easy Fit** - Perfect for those participants with arthritis, hip and knee replacements and osteoporosis. This class can be done either seated or standing.

**Functional Fitness** - A multi level workout consisting of strength and cardio exercises that will focus on working core and larger stabilizing muscles to make the day to day tasks easier. Put some "FUN" into your workout session.

**Gentle Yoga** - Whether you are a beginner or have physical limitations due to pain, poor knees or hip issues, this slow-paced class uses props to modify poses with a focus on breathing, balance, stretching, and releasing tension.

**H.I.I.T.** - High Intensity Interval Training combines short periods of all-out cardio with low-to-moderate muscle-based exercises to give a total-body workout in a minimum amount of time.

**Strength Conditioning** - Low in complexity but high in results, this class will sculpt your muscles and increase your metabolism.

**Total Core** - In this high energy multi level class ALL planes of your core will be targeted with strength based exercises giving you a "TOTAL core workout.

**TRX** - Join the Core! Total Body Resistance Training is a great for the TRX suspension trainer to promote muscle strength.

### **AQUAFITNESS CLASSES**

**Aqua Bootcamp** - Challenge yourself with varying intensity intervals in a bootcamp style class.

**Aqua Combo** - An invigorating water workout utilizing the shallow and deep ends of the pool.

**Aqua Fit** - This class features first-class moves and awesome music followed by a relaxing deep muscle stretch in the warm water of the therapeutic pool.

**Aquatic Resistance Training** - This low-impact class builds strength and stability by using aquatic equipment.

**Aqua Romba** - Learn Latin-based dance moves while enjoying the benefits of exercising in the water.

**Aqua Running** - Are you tired of training outside? Come inside and cross-train in our beautiful pool for a fun but vigorous workout!

**H.I.I.T. H2O** - Challenge yourself in the shallow or deep ends of the pool to this class that focuses on cardio conditioning and muscle strengthening.

### **REGISTERED CLASSES**

**Hydrotherapy** - Join us in our Functional mobility, joint and spinal stabilization along with postural awareness are the main objectives of this class. Perfect for members with arthritis, hip and knee replacements.