



Program & Class Descriptions

CORE CLASSES

AQUAFIT - COMBO WATER

This combination aerobic and muscle conditioning class takes place in the shallow and deep water. Flotation belts will be used for the deep water portion of the class. (Hydro fit dumbbells may be used.)

BOOT CAMP

A high intensity, low choreography body conditioning class that works both strength and stamina. This class is a dynamic and challenging workout combining cardiovascular fitness, muscular strength and endurance exercises.

CORE

This is an effective class focusing on abdominal and back strengthening exercises.

GROUP CYCLING

Group Cycle is a great cardio workout appropriate for all fitness levels. Participants are able to adjust their workout to match their individual fitness level.

HI-LO

Hi-Lo involves motivating music as well as a balance of choreographed and athletic patterns. Participants have the option of performing the movements at a low impact or high impact level.

PUMP

This total body strength workout starts with an active warm-up. The Pump class will include a variety of resistance apparatus to improve core stability, muscular strength, flexibility and posture.

YOGA

Through postures, meditation and breathing exercises, you will learn to bring yourself to a peaceful frame of mind. Improved strength and flexibility are the physical benefits of practicing yoga.

ON THE MOVE

A full body workout including cardiovascular and muscle conditioning for the older adult. This low impact workout incorporates a variety of resistance apparatus to improve strength, balance, flexibility and posture.



Group Power is Your Hour of Power! Blast all your muscles with this high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best! Power Up!



SPECIALITY CLASSES

ZUMBA / GLOBAL GROOVES

Zumba is a program that combines latin and international music with hot dance steps.

GRAVITY

A strength training class using the Gravity training system. This workout has the function for incline plane and gravity resistance for a full body workout kick starting your metabolism and helping you meet your goals.

PILATES

This 'mat work' class focuses on strengthening your core, as well as increasing your flexibility and endurance. Pilates is also a great way to increasing flexibility and strength, improving posture and coordination and synchronizing mind and body.

CHAIR YOGA

A class designed for those who would like to take part in yoga but are not able to get down on the floor for some of the movements due to physical restrictions. The focus is on posture, deep breathing, stretching and tensing of muscles, lubrication of joints and range of motion.

WORKSHOPS

FIT CAMP

This 10 week registered program will help you gain control of and develop a healthy active lifestyle incorporating how to establish good eating habits and progressive yet FUN workouts. Each week will include a discussion segment and a workout that will help you learn how to create balance between nutrition and exercise, with measureable goal setting and resources to take with you.



T.I.M.E

TIME - Together in Movement and Exercise. If you live with mobility challenges due to stroke, brain injury, Parkinson's, MS or other conditions, T.I.M.E can help you improve your: Fitness, balance, confidence and energy. This is a registered community-based exercise program designed by physiotherapists at the Toronto Rehab Institute for adults with mobility challenges. Participants must be able to walk at least 10 meters with or without an assistive device such as a walker or cane.

GENTLE FITNESS

If you are looking to get moving and would like a gentle way to start, this is a class for you. We use the chairs to help with balance, and some strength and cardio to help you get going; whether you are new to exercise or looking for a class to get you started, this is the class for you.

LAUGHTER YOGA

Be more Spontaneous! Humour gets you out of your head and away from your troubles. Let go of defensiveness. Laughter helps you forget judgments, criticisms, and doubts. Release inhibitions. Your fear of holding back and holding on are set aside. Express your true feelings. Deeply felt emotions are allowed to rise to the surface.

leHIIT

Combines multiple, proven-effective methods of interval training into a High Intensity and Power-filled Group Fitness format suitable for multiple levels of participant's.

Using the equalizers for strength, speed, agility, and power coupled with familiar fitness choreography and high energy music, topped off with Tabata-Inspired intervals. LeHiit promises to be the complete approach to interval training



WORKSHOPS Cond't

AQUA THERAPY

Strengthen and stretch in this shallow water workout. Great for rehab and strengthening.

AQUA WALKING

If you are looking for rehabilitation from an injury or an opportunity to walk in the water, self-lead this is the time slot for you.

BARRE

The workout has been developed to re-train the muscles to be longer and leaner without creating bulk. Learning to stand taller and lift out of the hips is crucial to grace, posture and alignment. Principle Barre follows a classic ballet barre class, and teaches proper and safe form for the most efficient workout.

INDIVIDUAL CONDITIONING



WELLNESS COACHING

A YMCA Coach will get you started, provide ongoing support and encouragement towards the attainment of your personal goals. The coach will guide you in establishing healthy exercise behaviours while celebrating your continued success. This service is included in your membership.

PERSONAL TRAINING

Personal training is an inclusive service that provides participant education, development and improved fitness performance. Personal training emphasis the physiological aspects of exercise and is often the next step once healthy behaviours have been established. See Membership Services for additional information and fees.